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## Echo, Winter/Spring 2011

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WINTER • SPRING

2011

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# echo

M A I N E

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## GENDER WARRIORS

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ECONOMY**

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*Fashion and Cuisine*

**MID-CENTURY  
MODERN**

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PAGE 44



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Timothy Tompkins, *Explosion\_v3*, 2010, courtesy of DCKT Contemporary

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Three young people fight against life-changing illnesses

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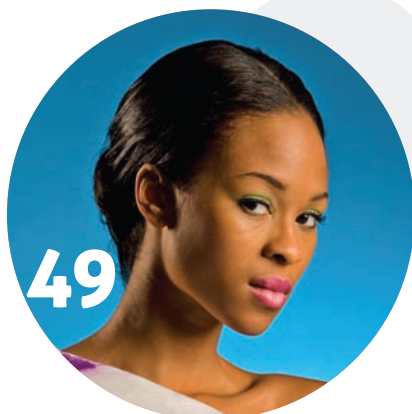
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HAVE  
YOU  
DONE  
ANYTHING  
RIGHT  
LATELY?

TEOUS

PHOTO IMAGE BY KRIS MATTHEWS

We have...



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**WHILE PLANNING THIS ISSUE**, we focused on what winter and spring will mean to you, our reader. Spring is always a season of new beginnings. Our pages celebrate emerging trends, sustainability and stories of renewed life.

Two new sections in this issue follow the life cycle: Beginnings and Endings. In Beginnings we inspect the latest buzz, like the sinfully delicious whoopie pie and eating locally during winter. In Endings we give you one last look at what's waning away, like the incandescent light bulb and stale relationships.

Departments is all about improving your home and yourself. Whether it's losing weight or designing your space with a mid-century modern feel, you'll find ways to look and feel your best.

Our features push boundaries and encourage self-exploration. Meet gender-queers and admire the bravery it takes for them to be themselves. "What It's Like" shares stories of young people overcoming health crises. Sit in on a sermon at the last Norwegian church in Chicago, or traverse the nihilistic mind of P.T. Anderson, director of "Magnolia" and "Boogie Nights."

From showcasing zero-waste fashion to gardening year-round, the Echo staff produced a magazine fit for a new decade. Cheers to new beginnings, a new year and a new issue of Echo.

**Troy Covello**  
MANAGING EDITOR

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Winter • Spring 2011



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Installation view of Sharon Lockhart's *On Kawara: Whole and Parts*, 1964–95. Museum of Contemporary Art, Tokyo, January 24–April 5, 1998, 1998. Collection Museum of Contemporary Art, Chicago, Bernice and Kenneth Newberger Fund. © 1998 Sharon Lockhart

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# beginnings

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Photo by Dan Bradica



By Brianna Wellen

# SOURCING LOCAL FOOD IN SUBZERO

*A locavore's feast during Chicago's deep freeze.* Illustration by Katherine Fisher

**WHEN PERSONAL CHEF** and Kendall College culinary instructor Dana Cox took her class to Southern Illinois University's School of Agriculture in November 2009, she intended to show them where ingredients come from and expose them to new sources of sustainable food. Instead she found a system designed to produce food that would last longer and travel farther. Taste was secondary. "Farming is no longer about food; it's all market driven," Cox says.

This got Cox thinking, "Where is my food actually coming from?" She started with flour she used. Through some digging, she learned it was "manufactured" in the Midwest but sourced partially in Canada and only milled and packaged locally.

In September, she started a one-year challenge to only eat foods she could trace back to local farms. Tracking her journey on her "Honest Meal Project" blog on ChicagoNow.com, she has rediscovered classic techniques and overcome the obstacles of Chicago's harsh, barren winters.

The journey's beginning wasn't smooth. Buying enough fresh, local summer produce to freeze and preserve to store for later months was a time-consuming process. It took her about a month to lose the craving for coffee and nonlocal sweets. After sticking with her regimen, the weekly preparation became routine, and her body adjusted to the local diet. In fact, she felt more energized than ever. And without trying, the pounds dropped off.

She soon had gourmet meals from local sources: turkey sausage, corn cakes and local poached eggs for breakfast; a dinner of chicken roasted in summer-dried herbs with roasted pumpkin. "I'm not feeling a sense of lack," Cox says.

Innovations like hoop houses (domed miniature greenhouses) and raised beds, which aren't susceptible to ground frost, provide the fresh greens Cox gets year-round in her weekly farmers' shares from Genesis Growers in Saint Anne, Ill., and Growing Home in Chicago. Mixing fresh produce with the seasonal foods Cox preserved, plus a steady rotation of local root vegetables, meat and eggs available in the winter, has made grocery store trips obsolete for Cox.

Building a personal relationship with farmers engaged in community-supported agriculture (CSA) means Cox knows what foods will be available when, and she appreciates every meal more. "It's a neat experience to stand in front of the [people] who made the food and hear their challenges," Cox says. "The rewards have been far greater than the sacrifices."

While it's difficult for the average person to duplicate Cox's diet, it can be done on a smaller scale. Reducing reliance on packaged grocery store foods helps cut carbon emissions. Fresh, homegrown meals have more flavor, and that flavor has more impact and direct rewards for farmers. ●●●

By Eleanor Blick

# EDIBLE GARDENS IN WHITE WINTERS

*An environmental artist's hydroponics bloom year-round.*

## GUESTS AT ASHLEY LIEBER'S

"Simple Salad Social" were served a crisp, earthy salad of roasted red and gold potatoes and tomatoes sitting on a bed of heirloom greens, drizzled with a roasted garlic vinaigrette. The greens were picked and washed minutes prior, the tomatoes pulled from the vine that March afternoon in Grand Rapids, Mich.

The ecological artist harvested ingredients for the salads from hydroponic installations in her studio space. "Hydroponics offer real solutions for real people," Lieber says. "Anyone can do it anywhere, year-round."

Hydroponics, a type of aquaculture, is a method of growing plants in water with mineral nutrients. Lieber says home systems can be installed for thousands of dollars or built out of recycled two-liter bottles and small plastic trash cans. Systems can be as big as a lake or fit on a kitchen counter.

"The great thing about aquaculture is it's so imaginative," Lieber says.

Sylvio's hydroponic wall garden at Sylvio's Organic Pizza in Ann Arbor, Mich., is one of Lieber's installations. She collaborated with a restaurant committed to using local organic ingredients to produce fresh food year-round. Basil was one of the restaurant's most expensive ingredients. Lieber built a system of 30 plants, which now produces a pound of basil every six to eight days.

"Restaurants are ideal locations for aquaculture projects," from a productivity standpoint and because of the culture of food, says Lieber. "You can get the foodies in there, and you can get the chefs, and you can get people doing it out of necessity because they want to save money."

Lieber believes that alternative growing solutions can fuel a green urban economy. "Aquaculture has the potential to provide a lot of centralized jobs and profit," she says. If shipping from California or Argentina is no longer an option, inexpensive buildings can be transformed into urban growing centers.

Such is the case with The Plant, 1400 W. 46th St., housed in an old Chicago stockyard building. Part of the development, which is still under construction, includes a vertical aquaponic farm, the first multi-story indoor urban farming project of its kind. The building will also house an energy-efficient brewery, bakery, shared kitchen and research offices to continue testing different aquaculture projects to make The Plant a model for other communities to learn from.

Lieber says more projects like the Plant will pop up in the next 15 to 20 years, "because they offer lots of solutions for many different types of people, economically and socially." ●●●





# SKIP THE LABELS

**Recording to their own indie drumbeat**

By Mina Bloom  
and David Orlikoff

*Electronica has been around for decades. But as these three uncompromising, unconventional local acts show, indie electronica—more melodic and less repetitive than techo—has recently come into its own. And no, we're not talking about autotune.*

**ELECTRONIC INDIE-TRIBAL** band YAWN traces its defining moment to the group's senior year at Lane Tech High School, when Adam Gil, Jorge Perez, Daniel Perzan and Sam Wolf decided to take their music seriously. Under the moniker Metrovox, they played harsh, dynamic Pixies-inspired rock songs and won a Chicago battle of the bands. Then they realized they wanted more from their band than what two guitars, a bass and drums could offer. "It was all about listening to this other music and then finding out how these artists are making these types of sounds," Wolf says. "We saw Panda Bear on stage, and he has the Roland [brand] Samplers. Once you find out about one [brand of samplers], you find out about all of them."

YAWN released its debut EP free on its website last year. During the summer, the band played at the unofficial Fader Fort stage during the annual South by Southwest music festival in Austin and got the attention of a publicist who is helping to find the appropriate label to put out its 10-track LP. "We just want [a label] for release: mixing, mastering, distribution. The studio part we got down," says Perzan. Of the new LP, Perzan says, "More than anything, we now have completely changed up the roles. I'll play bass in one part of the song, and Sam will play in another—same with guitar. Vocals are still Adam and Sam." A YAWN song can start from a single sample, but finishing one takes months of fine-tuning in a basement

studio with computer screens aglow. "It's kind of easier in a way, but it's almost harder because you have so many more choices" says Perez. "But you learn a lot doing it," adds Gil.

Although This Is Cinema mostly uses analog tapes to create its electro-infused sound, this group of Chicago-based musicians doesn't work exclusively in that vein. Ben Babbitt, Marcin Sulewski, Alex Babbitt and Bob Buckstaff have been playing together for about a year and are currently recording a cassette with another group as a prelude to finishing a full-length album after the release of their EP "Birth" in 2006. So far, the group has yet to be offered a record deal, but they're OK with that. "We're self-sufficient," Babbitt says. Musically,





▲ Aleks Eva of Aleks and the Drummer

the band employs the occasional synthesizer, drum machine and use of samples, sans computer. Although the band isn't playing live shows at the moment, its goal for future shows is to not reproduce its recordings exactly but to create music spontaneously with a similar energy. "It's kind of like when we're recording, we're making a film, and when we're playing live, we're putting on a play," Babbitt says. Because studio work is the band's priority, having to recreate something and perform it live is an afterthought, says Babbitt. The band names Bjork, Chicago jazz and classical music as its musical influences.

While being a solo performer was once a point of pride for whimsical vocalist and keyboardist Aleks Andra Tomaszewska, the songstress has grown tired of doing everything herself. "Being polite, responding to MySpace messages and hounding people to lock down dates for shows, I was spending more time doing that than actually writing songs," says Tomaszewska, who was formerly one half of the pop duo Aleks and the Drummer.

Tomaszewska is now performing under the name Aleks Eva with additional performers—including multi-instrumentalist and songwriter Dylan Ryan of Chicago-based bands Icy Demon, Michael Columbia and Herculanium. And

after temporarily replacing drummer Deric Criss from Aleks and The Drummer with Ryan, the new outfit uses more electronic elements than ever before. Synthesizers, looping pedals and anything Tomaszewska says she can get her hands on will appear on the new Aleks Eva release. Instead of digital synthesizers,

Tomaszewska will be combining old world instruments, like the accordion with sounds from an iPhone application, the name of which is a secret.

"There's a little bit of a divide between the live set and the more elaborate, layered nature of the recordings I've been doing," she admits, because she uses a lot of pedals hooked to other pedals and can sometimes lose track of how she produced a sound.

"To recreate it live will be tricky," she adds. But she has plans to replace synthesizers with strings in her recordings and talks of interweaving real and synthesized strings. ●●●

## GETTING THE SOUNDS

By Eleanor Blick

**ANALOG RECORDING** Stores audio signals as a physical wave, like the texture of a vinyl record or the magnetic fluctuations of a cassette tape.

**DIGITAL RECORDING** Converts analog signals into a system of numbers that correspond to a waveform of music.

**SYNTHESIZER** Produces a signal entirely by electrical means and can be controlled by varying the settings to create different sounds.

**SAMPLER** Records short, original sound bites, which the user can play back or manipulate.

**LOOPING** Repeats a sample or musical phrase through a digital device, like a loop station or electric guitar pedal.

## ONLINE EXTRA

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By Rilee Chastain  
Photo by Andrew Herner

# WHOOPIE PIE SURPRISE

*Cupcakes, you've got some competition.*



**A NEW TREAT** making its way through town might have just the right blend of confectionary charm to steal the cupcake's crown. Ladies and gentlemen, I give you the whoopie pie.

The simple dessert, a sandwich of two round chocolate cakes with a buttercream center, has recently graced the pastry trays of popular Chicago eateries, like Chef Heather Terhune's Sable Kitchen and Bar and Lincoln Park's cupcake hot spot Sweet Mandy B's. It has been enjoyed by New Englanders and others across the East Coast for years, although it was the Pennsylvania Amish who first created the popular dessert.

According to legend, Amish wives put whoopie pies in the lunchboxes of their farmer husbands. When their husbands went to work and found a whoopie pie packed inside their lunch, they would exclaim the ever-appropriate, "Whoopie!"

Although the most popular and traditional flavor of a whoopie pie is chocolate cake with vanilla buttercream frosting, more creative flavors are joining the craze. The Goddess and Grocer gourmet deli and grocery store in Bucktown carries Red Velvet cake whoopie pies with a rich, cream cheese frosting center, encased in hardened dark chocolate. Rise N Roll Amish Market in the Loop makes homemade pumpkin whoopie pies in addition to the classic chocolate flavor.

"Whoopie Pies," a cookbook released by Sarah Billingsley and Amy Treadwell (Chronicle Books, 2010), features recipes like a lemon whoopie pie with spicy ginger buttercream filling and an oatmeal cake with maple buttercream.

But for those brought up on traditional whoopie pies, these imposters are nothing compared to the original. "A whoopie pie is just the cake and the icing. I feel like if you put sprinkles on it, or you dip it in chocolate, you're altering the nature of the whoopie pie," says David Rankin, a 33-year-old Rogers Park resident and self-proclaimed whoopie pie "enthusiast."

Rankin grew up in Central Pennsylvania, eating whoopie pies from Amish homemade markets or roadside stands. Since moving to Chicago in 1995, he has been on a quest to find a comparable Midwest version. According to Rankin, the problem is the recipe is so deceptively simple, it's hard for people to get right.

His search is likely to get easier because new and old varieties of the dessert continue to pop up at local bakeries. Cupcakes, watch your back. There's a new treat in town that might just be sweeter than you. ♦♦♦

## • WHOOPIE PIE CRAWL •

For classic chocolate and butter cream, go to ... **Sweet Mandy B's** (1208 W. Webster Ave. Chicago); For chocolate Dipped Red Velvet with cream cheese, go to ... **The Goddess and the Grocer** (1646 N. Damen Ave. Chicago); For pumpkin with cream cheese, go to ... **Rise N Roll Amish Market** (42 S. Clark St., Chicago).

## ONLINE EXTRA

For a Walnut Maple Whoopie Pie recipe, check out our website.



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# departments

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espresso

Photo by Troy Covello



# MID-CENTURY MODERNISTS

Defining a new generation of style

By Rilee Chastain and Troy Covello

**EVEN THOUGH THE** '50s has an image of bland conformity, the design world produced an aesthetic nothing short of revolutionary. The work of George Nelson, Charles and Ray Eames, Ludwig Mies van der Rohe and the Herman Miller furniture line ushered in an age of modernity for the American home, with furniture clean-lined and multifunctional yet luxurious in its choice of rich woods and organic shapes. Millennials have re-discovered the style for a multitude of reasons. While designer originals command hefty prices, some still pop up at thrift stores and estate sales, while the simplicity of design has encouraged a wide variety of knockoffs. Today, youthful city dwellers take these classic pieces and mix them in a completely contemporary way that reflects their personal style.



PHOTO BY TROY COVELLO



PHOTO BY TROY COVELLO

## FURNITURE

- 1 Marshmallow sofa by George Nelson for Herman Miller
- 2 Eames sofa compact by Charles & Ray Eames for Herman Miller
- 3 Wall divider from Modernica
- 4 Fortuna lamp from Design Within Reach
- 5 Eames Molded Plywood chairs Vitra Design Museum Series
- 6 Reproduction of Eames La Chaise designed in 1948 for MOMA

**CHICAGO HOUSE** music legend Derrick Carter is an avid mid-century modern collector, often bringing back pieces for his West Town apartment when he travels around the globe to spin at parties. His first acquisition was his George Nelson Marshmallow sofa. "There are certain forms, lines and shapes I just like," he says. "I don't want it to be amorphous or weird—just nice."

While in Tokyo, Carter sighted the Eames molded plywood chairs, reissued as a special edition in 2002 by the Vitra Design Museum of Weil und Rhein, Germany. The upholstery is slunk—the skin of unborn calves.

Carter's sunroom (pictured on page 17) features an original Eames desk and Eames Time-Life chair as well as a reproduction of the classic chrome Luxo architect's floor lamp. Most of his finds are repros of originals and can be purchased through the websites of Design Within Reach in Chicago, Modernica in L.A. and authorized Herman Miller retailers.

## BY THE NUMBERS

## UBER MODERN

## FURNITURE

- 1 Brazilian white leather chair  
by Maurice Percival for Lafer
- 2 "Swing Time" backlit wall sculpture  
by Frederick Weinberg
- 3 George Nelson's wall unit, for Omni

**DAVE WEISSMAN** and Brandon McCleskey, owners of mid-century modern furniture shop Uber Modern in the Grand Avenue Design District, use their West Town condo as a gallery for enjoying their vintage furniture finds before selling them.

Most pieces require restoration work, although some have "age appropriate wear," says McCleskey. "We end up doing work in some capacity to almost everything we buy and sell because these pieces had a life before they came to us."

Their living room is pure drama, using lighting to call attention to the sculptural beauty of their furnishings and art collection from the 1950s-1970s.

They're particularly proud of their Omni Wall Unit. Designed by George Nelson, it is a predecessor to his more popular and valuable Comprehensive Storage System produced by Herman Miller. They divided the wall unit into separate shelving units for their bedroom and living room. The walnut and extruded anodized aluminum standards rest against the wall and can be configured to various heights and widths. The units can also be customized with additional walnut shelves and cabinetry. The Maurice Percival chair from the '60s was freshened up with new white leather upholstery. The backlit resin sculpture, "Swing Time," is by Frederick Weinberg, a Philadelphia-based designer who became famous in the '50s for designing wall sculptures and lighting. Although Weinberg's work is not as well known as other mid-century designers, McCleskey says it is rapidly increasing in value.

## ONLINE EXTRA

For more mid-century apartment photos, check out our website.

[echomagonline.com](http://echomagonline.com)



## PROJECT

Mid-century-inspired pendant lamps are usually meant to be wired into the ceiling, but that option is rarely available to renters. Branciforte recommends using a swag kit from a hardware store to convert the lamp so it plugs in.



PHOTO BY TROY COVELLO

PHOTO BY MATT BRANCIFORTE



## FURNITURE

- 1 Circular walnut beveled mirror from Urban Nest
- 2 Pendant globe lamp from West Elm



## BY THE NUMBERS



PHOTO BY TROY COVELLO

**SHELBEY CAMPBELL'S** eclectic Lincoln Park apartment is a more romantic take on mid-century modern. Instead of using the usual hard-lined dark wood pieces, she took the extraordinary step of repainting her '50s finds and pairing them with shabby chic-ery scavenged from thrift shops, flea markets, estate sales and Craigslist.

"I would say my style is, 'If you don't want that anymore, I'll take it and fix it,'" she says. That's exactly what she did with a lackluster bedroom dresser (far left), which she enameled a creamy white with paint from the "oops" section of the hardware store. Although a novice seamstress, she stitched slipcovers for an undistinguished second-hand sofa and was pleased with the results. "I'm not professional with slipcovers, but you can't tell. I mean, I can tell they look like crap, but other people can't."

The coffee table with black metal hairpin legs is an unexpected touch amid the romantic furnishings. Found at a garage sale, the table top is made of reclaimed wood from a country cabin and paired with legs Campbell rescued from another table at the same garage sale. (Comparable table legs can be purchased at Hairpinlegs.com.) She views her apartment as a work in progress. "If I get bored with whatever I have, I just throw everything in the middle of the apartment and start over," she says. "I work a lot with what I have first; then if I can't, I'll find something I really don't like anymore. Then I'll sell that and buy something new." ●●●

PHOTO BY CALVIN HINSON



## INTERPRETING MID-CENTURY MODERN IN YOUR OWN SPACE

**MATT BRANCIFORTE** and his partner chose a mid-century modern aesthetic for their rehabbed 1907 Ukrainian Village flat. By mixing a few authentic designer pieces with vintage hand-me-downs and items from Ikea and West Elm, they were able to get the mid-century look at a fraction of the price.

### WHY MID-CENTURY MODERN?

- \*It's small scaled, which works well in city apartments.
- \*It travels well—shelving can be knocked down and re-assembled; many pieces are lightweight.
- \*It's versatile. One highboy dresser can double as a writing desk.





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# FRACTURED FILM GENRES

Enjoy Echo's picks for a week's worth of strange yet engrossing cinema, courtesy of Netflix.

By David Orlikoff  
Illustration by Alex Todaro



*THE WESTERN*, one of our most enduring genres, features barren frontier environments peopled by pioneers, cowboys, mustachioed outlaws and ex-confederate marshals. Enter the seriously weird anti-Western with messages and subtext that defy not just genre convention, but traditional filmmaking as a whole.

## START WITH:

**THE GOOD, THE BAD, AND THE WEIRD**  
(Ji-Woon Kim, 2008) South Korea

Based on the influential Spaghetti Western "The Good, the Bad, and the Ugly" (Sergio Leoni, 1966), this retelling is strange yet accessible. Especially if you've seen the original, this movie toes the line beautifully between the familiar and the absurd. Set in the 1930s in the deserts of Manchuria, the Good is kind of mean, the Bad sports a haircut a la Fall Out Boy and the Weird takes center stage.



**DEAD MAN** (Jim Jarmusch, 1995) U.S.A.

Johnny Depp stars as William Blake, an accountant who travels out west to Machine Town for a job. Instead of employment, Blake gets a bullet in his chest that a helpful Native American called Nobody says will slowly kill him because it is too close to his heart to be removed. Nobody is convinced that Blake is the second coming of the famous English poet and helps him survive in the wild while he is pursued by evil hit men and U.S. Marshals.



## ADVANCE TO:

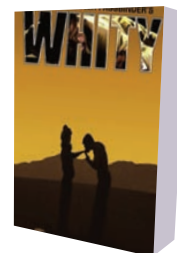
**EL TOPO [the Mole]** (Alexandro Jodorowsky, 1970) Mexico

Alexandro Jodorowsky plays the title role who starts out as a Christ figure performing miracles in the desert and grows Buddha-like after decades of meditation in a cave with trapped deformed villagers. John Lennon loved the film so much that he got it U.S. distribution and financed Jodorowsky's next movie, "The Holy Mountain."



**WHITY** (Rainer Werner Fassbinder, 1971) Germany

The late Rainer Fassbinder, who appeared naked, did drugs and fought with his mother and gay lovers on camera, said "Whity" was his most personal film. Perhaps that's why he withheld it from distribution after showing it in German film festivals. More than 20 years after his death, the Fassbinder Foundation released his opus on DVD. The titular character is a black slave and illegitimate son to a wealthy family in the West. Whity loves his family but loses patience when his mother, father and his two half-brothers try to seduce him so he will kill the others. The film mixes Shakespeare with vaudeville, slapstick with sadomasochism in this reimagining of syndicated American TV Westerns like "Bonanza." Whity's black mother wears blackface while his white family wears whiteface, or more accurately a zombielike greenface. The beautifully mounted production was shot by legendary cinematographer Michael Ballhaus decades before he began working with Martin Scorsese.



**SKIP:**  
**WILD WILD WEST** (BARRY  
SONNENFELD, 1999)



*OUTER SPACE* lends itself uniquely to existential issues. Gazing up at the stars makes us wonder about our place in the universe. But space is about more than loneliness—it represents the possibility of solving the mysteries at the heart of science, philosophy and religion. The debate about the meaning of the cosmos is often played out as a struggle for survival against inchoate and often spiritual forces.



### START WITH:

**SUNSHINE** (Danny Boyle, 2007) U.K.

It's the year 2057, and the Sun is dying. The Earth can't survive, and there are no near-by planets to colonize. The only hope for survival is to detonate a massive nuclear bomb that might restart the Sun's core. One expedition has already mysteriously failed after reaching the Sun, so a second is organized seven years later with all of Earth's remaining fissile material. Philosophical issues present throughout grow to dominate the tumultuous third act, featuring a suicidal gambit and a supernatural being.



**THE FIFTH ELEMENT** (Luc Besson, 1997) France

This popular blockbuster stars Bruce Willis as a disgruntled New York City hovercab driver in the year 2263. The planet faces imminent attack from a massive indefinable supreme evil that feeds on negativity and conventional weapons. The only hope for life as we know it resides in four stones containing the platonic elements, and a biologically engineered woman Leeloo (Milla Jovovich), who acts as the regulatory fifth element.



### ADVANCE TO:

**2001: A SPACE ODYSSEY** (Stanley Kubrick, 1968) U.S.A.

Regarded as one of the greatest science fiction films of all time, "2001" epitomizes the patient, studied approach to cinema Kubrick is known for. The film begins with the parallel evolution of man and technology culminating in a duel to the death with HAL the computer. The final act is a mind trip in which Kubrick reframes the debate from "What is our place in the universe?" to "What is the next phase of evolution?"



**SOLARIS** (Andrei Tarkovsky, 1972) Russia

Set in a future where deep-space travel is possible, a psychologist beset with earthly problems travels to the planet Solaris to give his assessment of the mysterious situation there. When he arrives at the space station, one crew member has already committed suicide, and the two remaining appear insane to varying degrees. The psychologist sees his dead wife on board the station and begins to suspect the vast and unpredictable oceanic planet is a sentient life form. ...



### SKIP:

**THE HITCHHIKER'S GUIDE TO THE GALAXY** (GARTH JENNINGS, 2005)

### ONLINE EXTRA

For more fractured film genres, check out our website.

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# OLD INDIAN RECIPES IN NEW KITCHENS

As Indian food is embraced in America, it faces challenges retaining health and flavor.

By Eleanor Blick

**AMERICANS ARE ENAMORED** with ethnic food. We try dishes and then twist them, reinventing recipes until they sometimes lose their ethnic traits. You won't find any crispy chimichangas stuffed with cheese and sour cream in Mexico, and good luck finding piping hot General Tso's Chicken smothered with a thick sauce in China.

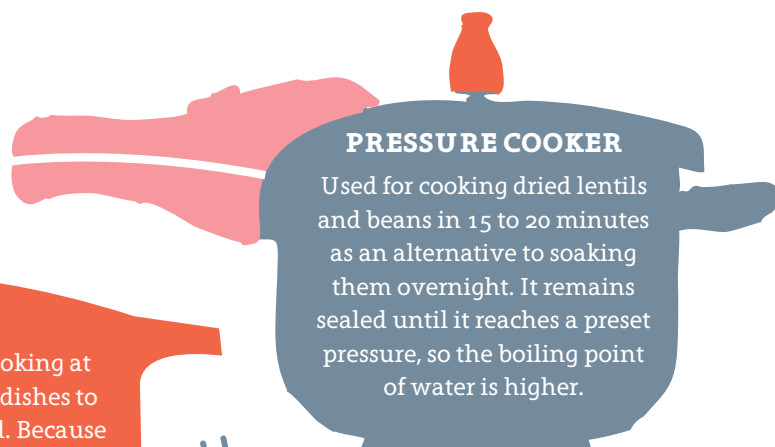
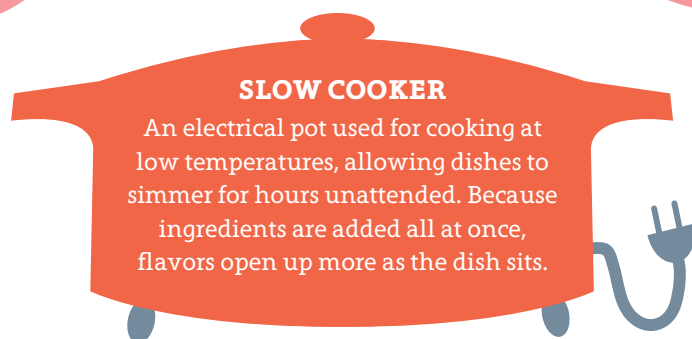
And *naan*, the warm, pillowy table bread, isn't served frequently in India. "The [assumption] is we eat a lot of *naan*. We don't," says Anupy Singla, journalist-turned-home chef and author of "The Indian Slow Cooker" (Agate Surrey, 2010). Singla says North Indian meals are traditionally served with *roti*, tortilla-style bread made from only flour and water. South Indian cooking features *dosa*, thin bread made from a slightly fermented mixture of ground rice and lentils. The popularity of *naan* is an example of

the mainstreaming of Indian cuisine. While it morphs from traditional cooking methods that require hours in the kitchen to satisfying America's demand for quick and easy, nutritional value is often lost. Singla says one piece of buttery *naan* can contain 500 calories and 20 grams of fat, while one piece of *roti* has only 70 calories and no fat.

Singla explains restaurants serve *naan* because they have tandoor ovens with which to cook it properly, but Indian families didn't have tandoors in their homes. The menu items Americans see at Indian restaurants often reflect foods served at restaurants in India. *Chaat*, the "lick your fingers"-style foods like fried *samosas*, thick-sauced masala dishes made with heavy creams and sticky sweets, like *gulab jamun* and *malpua*, are less healthy and reserved for special occasions.

"Most folks outside of India are basing Indian food on what restaurants are offering," says Singla. She says people sometimes associate Indian food with rich, heavy textures that can be tough on the stomach, but dishes don't have to be prepared that way. For Singla, home-style cooking uses very little oil or cream and focuses on healthy breads like *roti* and balanced meals.

"Often in the restaurants, they're not educating you as to how to traditionally eat a balanced North Indian meal," Singla says, which can add to the queasiness some people experience eating Indian food. A typical North Indian meal is always served with *raita*, an *achar* and a side salad. The *raita* is a seasoned yogurt dip used to diffuse spiciness, the *achar* is an Indian pickle and the side salad typically consists of onion, cucumber and tomato with



lemon juice and a bit of seasoning. The salad adds crunch to the otherwise soft texture of Indian dishes.

Singla says growing up in India, women of her generation were not necessarily taught how to cook because their mothers pushed them out of the kitchen, wanting them to be professionals. “In the process, we don’t know how to feed our own children,” Singla says. Through her cookbook, Singla hopes to show people it’s possible to have a job and still serve the family healthy Indian meals. Singla’s slow cooker recipes still use fresh spices and dry beans and lentils, like traditional recipes, but they don’t take hours on the stove or require a pressure cooker—the two most popular Indian cooking styles.

For example, with a stove-top preparation of red beans *rajma*, a thick gravy-style dish with kidney beans and tomatoes, the beans would either have to be soaked overnight or cooked in a pressure cooker. The oil would have to be heated on the stove before adding the spices, onions, ginger, garlic and tomatoes, one after the other. That would have to cook into a broth before the beans could be added. Two to three hours later, after simmering, stirring and keeping an eye on the water level, the dish would be ready.

Singla’s slow cooker recipes cut down the steps. She puts all the fresh ingredients, minus the oil, in a crock pot and lets them simmer for six to eight hours. She says the method still

captures all the flavors of traditional cooking. “It just speaks to the way Indian food is supposed to be cooked: sit, simmer, cook slowly,” she says. Her recipes take less time than waiting for takeout. She says the health and flavor benefits compared to prepackaged foods are worth the extra few minutes of grating and chopping.

“What’s going to happen if this generation—the generation after [mine]—does not have an appreciation or the knowledge base to make these dishes?” Singla asks. Traditional flavors can be preserved while methods are adapted “to make Indian food that’s easy and accessible and acceptable,” she says. “It all has to be practical so people use it and do more of it.” ●●●

## SPICE IT UP

The seven main North Indian spices Singla uses can be found at Indian groceries and in some supermarkets, like Whole Foods. Fresh spices are more potent and full-bodied than dried spices. They can be ground in a coffee grinder used only for spices, pummeled with a mortar and pestle or crushed under a dry towel. Cumin, coriander and fennel seed can be roasted for more flavor but need to cool before being ground. Grind only small amounts of fresh spice at a time, and store the rest in an air-tight container for up to six months.

### Cumin

Has a distinct, bitter flavor and warm aroma. The seeds are the small dried fruit of a plant in the parsley family. It is the main ingredient in curry powders.

### Turmeric

Has an earthy hot pepper flavor and a mustard smell. The deep orange-yellow spice comes from a plant in the ginger family.

### Ground coriander

Leaves have a distinct citrus tone and do not dry or freeze well. The seeds are warm and nutty with a slight orange flavor.

### Red chili powder

Made of sun-dried powdered chilies. The spice adds heat and body to dishes.

### Garam masala

A potent spice mix used to flavor curries. Common ingredients vary by region and preference.

### Black salt

Pinkish in color when it’s ground, it is more pungent because of its high sulfur content. It is often added to salads for an extra pop.

### Chana masala

Another spice blend often paired with garbanzo bean dishes, it usually includes coriander seeds, red chili pepper, turmeric, cloves, cumin and black salt.



# STUDENT WEIGHT-LOSS WINNERS

They lost much, much more than the freshman 15. Here's how they did it.

By Rilee Chastain and Christopher Lea  
Photo by Dan Hojnacki

## MICHAEL PEDRAZA

A

**Age:** 22

**Start weight:** 320 pounds

**Start date:** February 2005

**Current weight:** 180 pounds

**Problem:** "My vice was candy."

**Failed attempts:** All-salad diet, eating once a day

**The answer:** Making necessary diet, exercise and lifestyle changes and sticking to them. Also, cooking at home instead of eating out.

**Motivation:** Stepping on the doctor's scale. "I would have kept eating if the scale said 280 pounds, but 300 was the last straw."

**Maintenance:** Eating healthy and going to the gym, even for 20 minutes. "A little bit goes a long way."

**Proudest moment:** When he stopped wearing sweatpants and could fit into size 46 jeans for the first time.

**Biggest hurdle:** Realizing that changes don't happen overnight and adopting a new lifestyle.

**Life now:** Putting together a book about his weight-loss story and tips for others. "Writing a book is a lot harder than losing weight, and I've lost 140 pounds." ●●●



## AMANDA ROKITA

B

**Age:** 21**Start weight:** 218 pounds**Start date:** October 2009**Current weight:** 138 pounds**Problem:** "Eating was happiness."**Failed attempts:** Special K Diet, Alli**The answer:** Doing intense interval workouts three days a week with a personal trainer.**Motivation:** When her clothes started getting looser and friends noted her slimmed-down appearance. "It motivated me to keep going."**Maintenance:** Frequent work with her trainer and keeping a food journal to track intake.**Proudest moment:** Making it under 140 pounds.**Biggest hurdle:** Maintaining a clean diet.**Life now:** A fashionista, she loves to shop. "Shopping is more fun. Shopping is *glorious*." ●●●

## NIKKI PRESTA (NOT PICTURED)

**Age:** 21**Start weight:** 320 pounds**Start date:** July 2006**Current weight:** 195 pounds**Problem:** "I didn't eat bad food, I just ate a lot of it."**Failed attempts:** The South Beach Diet, all-liquid diets, Weight Watchers**The answer:** Underwent gastric bypass and plastic surgery. "The excess skin after gastric bypass made me more self-conscious than being overweight."**Motivation:** "I wanted to be like everyone else. I wanted to have a social life."**Maintenance:** Eating smaller meals throughout the day.**Proudest moment:** Getting the courage to enroll at Columbia College Chicago and move here, something she credits to losing weight.**Life now:** Has a happy relationship. "I found an amazing guy, and we want to spend out lives together—would this have happened if I was overweight?" ●●●

## EXPERTS WEIGH IN

By Stephanie Saviola

**American obesity rates** are rapidly increasing, according to Breea Johnson, registered dietitian at Integrative Nutrition Counseling in Chicago, who considers nutritional ignorance part of the problem. "Overall people are eating out more often and eating highly processed, poor quality food in large portions with little exercise," she says.

**Instead of strict diet limitations** and restrictions, Dr. Robert Kushner, professor of medicine and medical director for the Comprehensive Center on Obesity at Northwestern University in Chicago, stresses the importance of diet quality by including proteins, such as fish, egg, poultry, soy and nuts. Like Johnson, Kushner believes fad diets don't work.

## ONLINE EXTRA

For workout and recipe ideas,  
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**Healthy eating habits** are important in the weight-loss process, but every person requires his or her own unique treatment. At Northwestern, physicians, dietitians and health psychologists meet with patients individually and counsel them through the stages of weight loss, whether they want to lose 20 pounds or are morbidly obese.

**Bariatric surgery** is becoming more common for teens. Someone with severe obesity along with diabetes, sleep apnea or severe hypertension, even at age 18, can be considered for surgery as long as he or she understands the associated risks and benefits, Kushner says. Rapid weight loss is common post-surgery. "If someone comes in who is 300 or 350 pounds and has surgery, it wouldn't be terribly unusual to lose a third of [his or her] weight," he says. ●●●



## BEAT THE WINTER BLUES

By Christopher Lea and Brianna Wellen

# (NOT) LOST IN TRANSITION

Photos by Laura English

### SWEATER VEST:

A pop of color and added insulation from Urban Outfitters. "Layering is so important," Beshel says.

**TOPCOAT:** Outerwear is the most important—and expensive—part of your wardrobe in the colder months. By thrifting, Beshel paid only \$50 for this topcoat. "Dress like you look rich," he says.

### BRIEFCASE:

Portable storage for those extra layers. "Being prepared is

**PANTS:** Beshel pairs his Zara pants with long underwear in the winter and rolls the hem when the temperature rises.

**BLAZER:** Allen purchased this fabulous vintage Oscar de la Renta jacket for \$30 from Vintage Heaven in Wicker Park. "Something has to be either a standalone showstopper, super versatile or totally me."

**DRESSING FOR THE WEATHER** can seem almost impossible given Chicago's hit-or-miss climate. "The Bowtie Memoirs" blogger Ryan Beshel demonstrates his smart, sartorial techniques for surviving Chicago's unpredictable winter while Anna Allen, creator of the "Chicago's Got Style" blog, shows how to perfect the art of dressing in those fickle months when spring comes late. ●●●

THEBOWTIEMEMOIRS.BLOGSPOT.COM, CHICAGOSGOTSTYLE.COM

**T-SHIRT:** The most basic of wardrobe staples from Forever 21. "I like simple outfits—I'm not into layering," she says.

**TIGHTS:** An easy cover-up that can be slipped off once the snow melts.

## ONLINE EXTRA

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LIAM PAPWORTH

echo

Photo by Matt Avignone





# WHAT IT'S LIKE TO... LIVE WITH LUPUS

## Chronic illness inspires young woman to study pharmacy.

As told to Rilee Chastain • Photo by Cooper Link

**COLLEEN CROY, 25**, lives in Cary, Ill., and is studying to become a pharmacist at the University of Illinois at Chicago. Soon after graduating from the University of Oklahoma in 2009 with an undergraduate degree in meteorology, she was diagnosed with lupus, a chronic autoimmune disorder.

"The way I describe lupus to people is my immune system can't tell the difference between unhealthy and healthy cells, so it attacks the healthy cells. I didn't know what it was before I was diagnosed. Two years before that, I started getting pain in my hands and joints. When I would wake up in the morning, I would find it hard to drive. Rheumatoid arthritis runs in my family, so I didn't think much of it. Then it spread to my elbows, shoulders and knees. It got really bad and progressed to my thumbs and wrists. My feet were actually the worst. That was a major symptom for me, but I let it go because I was working and going to school full time. I just didn't have time to go to the doctor. I was like, 'I'm 22, what could be wrong?'"

"It got so bad some days I just didn't want to get out of bed, I was so tired. I found out later I was really anemic. My first attack came right after college graduation. I didn't move during the 15-hour drive home with my parents. I had a blood clot in my leg, but I didn't know what it was for three weeks. By the time I saw a doctor, it spread up my whole leg. I said, 'OK, something is really wrong with me.' I knew it wasn't arthritis.

"I went to my doctor, and he took some blood tests, but nothing came back strange except my sedimentation rate—

which measures how fast your blood separates—was up to 77. For my age, it's supposed to be about 15. He sent me to a rheumatologist, and she said, 'You have a blood clot. You need to go to the emergency room right now.' They did an ultrasound to confirm the blood clot, and I had a blood test on my DNA. It came back positive for lupus. My doctor kept telling me how lucky I was. It's so easy for a blood clot to break off and go to your lungs or heart.

"She was worried because protein was in my urine, which meant the disease was probably attacking my kidneys, which can be very dangerous. I had a kind of lupus called *lupus*

*nephritis*, which can progress pretty quickly without treatment. I was put on medication for the blood clot and the kidney disease. I was really lucky they caught the kidney condition because there are no symptoms. You don't feel it; it doesn't hurt.

"Since then, I really have to watch out for stress, which can trigger a lupus attack. It's hard to avoid stress, but after going through the blood clot, it's like, 'OK, what is important here?'"

"After the blood clot, I had to watch what I ate, particularly my vitamin K intake, which makes your blood thicker. I was on Prednisone, an immunosuppressant steroid that shuts your immune system off so it stops attacking stuff. I ate a lot more, and the

swelling in my face was one of the side effects. That was probably one of the worst times because it was so apparent. Most of the other symptoms are internal.

"When I meet new people, especially a guy I like, one of the first things I'm asked is, 'Why are you studying to be a pharmacist?' And it's completely because of lupus. I was put on six different medications in a day. I had to read up on all of the drugs, and also I had to go to anti-coagulation clinics. I had to watch out that the blood thinner didn't make my blood too thin. My clinic was run by my pharmacist, and I would talk to the staff pharmacists all the time. One of the reasons I'm in pharmacy school is because [the pharmacists] inspired me. Right now I volunteer at that clinic.

"I have not had any relapses since being on the medication, but some days I will feel a lot more tired or achy. I won't go to school or work out that day. Listening to my body is one of the biggest

## This changed me as a person and what I want to do...

things I have to do. Right now I take an anti-malarial medication that works for people with lupus. I guess it keeps your immune system thinking it needs to fight against malaria so it doesn't attack other things. It's kind of strange, but I will probably be on it for the rest of my life or at least 20 more years.

"This changed me as a person and what I want to do with my life. Being told by a doctor that you shouldn't even be here right now has definitely changed my outlook on life. How many 22-year-olds get the kick in the butt that 'Hey, you're not going to be here forever?' I have an increased risk of heart attack, stroke and all that stuff. But if lupus stays in the quiescent stage, I should be like anyone else." ●●●





# WHAT IT'S LIKE TO... TO SURVIVE

## A mother's battle with cancer forces her son to mature.

By Troy Covello

Photo by Cooper Link

**PERHAPS BECAUSE I** was an only child, my mom was my best friend. As a gay momma's boy, the thought of something bad happening to her terrified me more than anything else in the world. I would obsess about the possibility of her not coming home from work and never being able to see her again.

Then I grew up and somewhere in the first few years of college, I realized my parents were just people. They made mistakes, I found out about them; I made mistakes, they dealt with them. I moved to London and dropped out of college. My mom got another divorce. We were all moving forward.

When I moved back home to Chicago, it was supposed to be temporary. Soon after, my mom found a lump in her breast. At the time, she was managing a restaurant that didn't provide health insurance. Then the restaurant closed, and she was unemployed. She dismissed the lump as scar tissue from a past breast reduction and ignored it.

Eventually, she learned about a free mammogram clinic, had the procedure and was referred to a hospital for a biopsy. The hospital performed the operation for free, sponsored by a nonprofit program for women with breast cancer.

The night before surgery, we had a drink and talked. I remember only a few snippets of our conversation and the liquor making the room spin.

The early morning drive to the hospital was nauseating for us. My mom did her hair and makeup just like every morning. Always prepared, she had two neatly packed bags ready for her stay.

I remember kissing her forehead as she was wheeled away on a gurney. Sitting on the bed of an empty hospital

room, watching Animal Planet for hours, I found the wait agonizing. Those crazy childhood fears were back, but the possibility of losing her was now real.

Finally, the doctor came in and told me the news: She had cancer. My mom told me she gave him explicit instructions to tell her first. So I wasn't expecting to hear what he had to say. He had not removed the tumor. It was too big, and because the state was paying for the procedure, it would take months for authorization.

Now in the recovery room, I sat down and watched her slowly wake from anesthesia. After some mumbling and disorientation, she finally looked at me. The moment our eyes met, she saw the tears in my eyes, and she knew. We both cried. Numb and with the tumor

wasn't leaving any time soon. I took her grocery shopping and helped pay her rent and other expenses. I got her a pink wig, just like Britney's. Getting my life together while hers crumbled was not easy. One month after the surgery, my mom started chemotherapy.

Months later, she was still waiting for Social Security and disability benefits. When she asked a state employee how most people get by while waiting for disability payments, she was told, "They just die." By this time, the chemo had taken her hair and the color from her skin. Sick, stressed and broke, she descended deeper into her illness, and her white blood cell count declined.

By the time government aid arrived, she had to be hospitalized and given blood transfusions. For both of us, this was rock bottom. Isolated in a sterile room because her immune system was compromised, she watched tubes send her someone else's blood, giving her new life.

## Getting my life together while hers crumbled was not easy.

still inside her, I drove us home while we listened silently to Britney Spears.

Months passed; the tumor grew larger. Finally, the necessary forms arrived, and the state allowed her to schedule a mastectomy.

We took another early morning drive to the hospital. It felt much like the last time: similar room, more Animal Planet, more waiting, more nausea. The tumor had doubled in size by the time it was removed, but the cancer was not eradicated. This was the beginning of the war, not the end.

But this isn't a sad story. My mom has been winning her battles, and I've been with her as much as I can to help her in her fight. As soon as I learned she had cancer, I re-enrolled at school and got a car and an apartment because I knew I

I still had classes and work, but I spent as much time with her as I could. Caring for a sick parent was something I thought would happen much later in life. Sure, I heard some of my friends' horror stories, and I admit feeling a little impatient with them. Then it happens to you, and you realize how painful yet inevitable this is.

The scars of those terrible days have healed with time. Her eyes are just as green as mine again; our skin tones are once again the same; we now have the same wavy brown hair. My mom is healthy and working again, managing a new restaurant. She's powerful, beautiful and nothing like the fragile person she once was. She taught me parents make mistakes, and they are mortal. Understanding that has only made me love her more. ●●●



# WHAT IT'S LIKE TO... GO UNDIAGNOSED

A burst artery leads to brain surgery. As told to Brianna Wellen

**LINNEA MADSEN, 20**, lived a normal life as a college student at Northwestern University. She learned to balance classes with a social life, a boyfriend and her commitment to violin. Maintaining a busy lifestyle, she ignored the early signs of an Arterio-Venous Malformation (AVM) in her brain and attributed her intense headaches, memory loss and

dorm, and I couldn't walk in a straight line. At this point, I was thinking, 'What is going on with me, nothing's adding up,' and I was just laughing because it seemed so ridiculous.

"My parents took me to the hospital. They thought I had a migraine. We'd been there for about an hour at this point, and this is where my memory

## My surgeon told me, 'It's like removing a cherry from Jello!'

strange nerve sensations to typical college stress. At age 19, the AVM in her brain burst. It seemed the odds were against her.

"From the time I was 16, I got these really bad headaches. My family wasn't huge on sickness; you would go to school unless you were dying. They kind of brushed off everything and never looked at anything as a big deal. As far as they were concerned, it was all mental. I always figured I was being a big baby about my headaches. But there are things you should realize, signs something's wrong. I always carried Excedrin Migraine, the strongest one you can get, and I would take it on a daily basis, which you really shouldn't have to do.

"On March 6, 2009, I had an orchestra concert and needed to practice violin. About an hour in, my arm really started to hurt in a weird way. I was used to practicing for hours since I was very young, so my arm wouldn't be sore from something like that. I was losing sensation in my nerve.

"After rehearsal, I tried going to the

stops. My dad says he heard my mom scream, and my body was freezing up in a sort of contorted position. They're not 100 percent sure, but I might have had a seizure. They did a brain scan on me, and they saw bleeding—the fresh bleed that was happening then and multiple previous bleeds, which is really scary to think about.

"The days passed in a haze. It turned out there was this thing in my head, a mass of veins that didn't really lead to anywhere but was bleeding. They had to take it out. My surgeon told me, 'It's like removing a cherry from Jello! Pop!' I thought to myself, 'Wow, that's what's going on inside my head? Thanks for the sound effect!' I wasn't actually aware I was going to have brain surgery; I knew somebody mentioned it, but I thought, 'I'm doing fine!' My mom says she kept reminding me, but I just kept forgetting. My first memory post-surgery is them putting my head in for the MRI. The technician was pushing on my head to go down on my [surgical] scar; I just had this feeling I was going to throw up. And I did, all over the technician.

"I had the surgery on Wednesday afternoon, and Friday they sent me home. The brain surgery isn't that big of a deal; it's not that debilitating. That isn't the hard part. Sure, it's freaky because there's somebody in your head, but I managed to block out that image. After surgery, I did physical therapy, occupational therapy, a lot of cognitive therapy and trauma therapy. I was in out-patient therapy until August. At the end of the 2010 spring quarter, I started to feel like it wasn't a constant presence in my life. That fall, I took on a full course load for the first time since my surgery.

"They wanted to use the piece they took out of my brain for studying purposes. My brain was going to be in a textbook. People who have AVMs are usually between 20 and 30 when the arteries burst, but when they burst, they don't really recover like I did. I'm on a website now called [AVMsurvivors.org](http://AVMsurvivors.org), and it's a pretty small community. One of the creepy parts for me to think about is not so much what happened to me, but to realize many people don't make it, and I did.

"It's still psychologically difficult to look at my violin because I had it with me. Violin has been such a big part of my life. I've played it since I was three years old—it's almost like a person, and it was there. It's weird to look at it. I'm working on it. I try to play a little bit, and it's not as freaky as before. We're working on our relationship." ...

### ONLINE EXTRA

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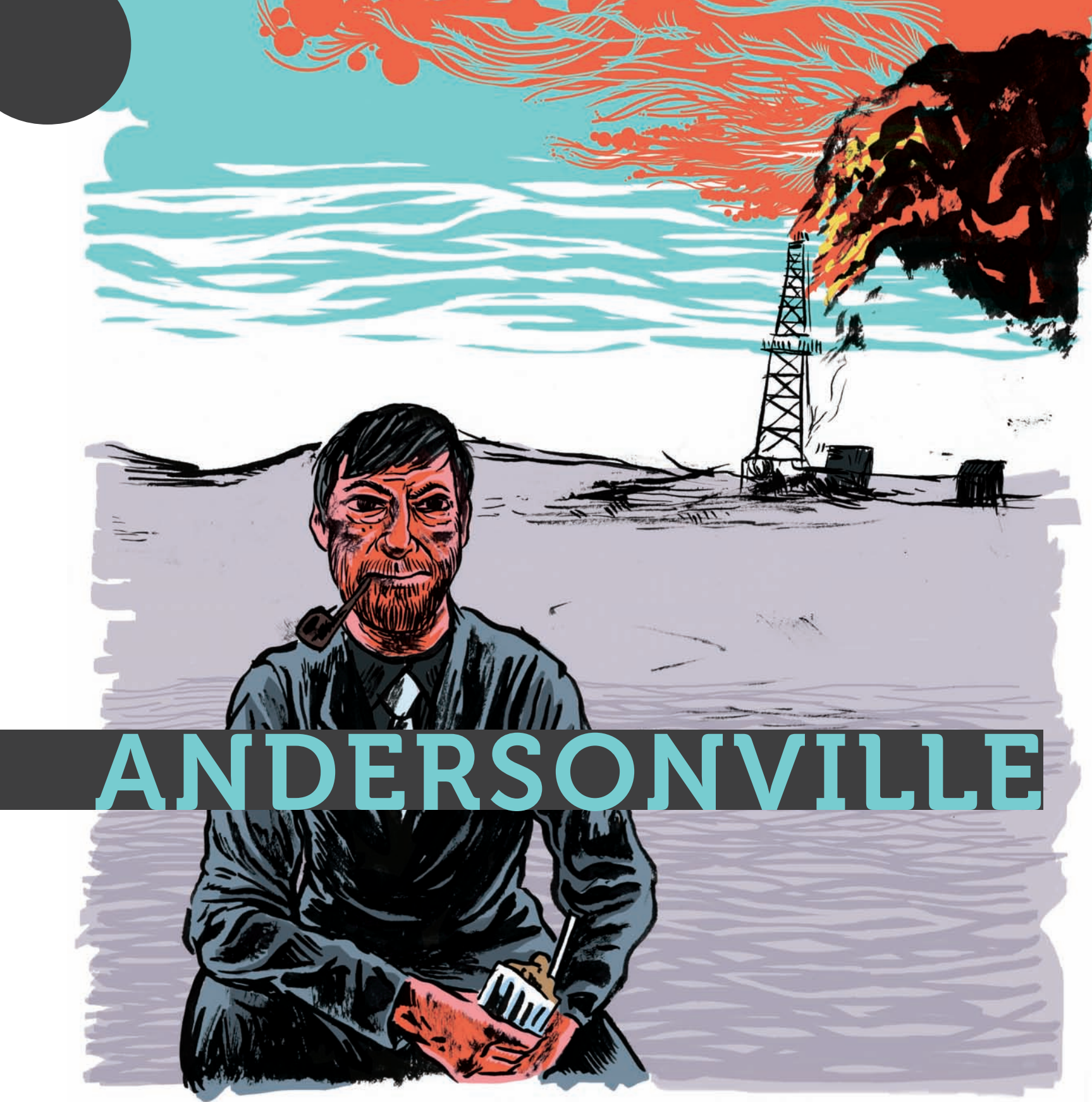


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# ANDERSONVILLE

The films of Paul Thomas Anderson are relentlessly bleak and nihilistic. **David Orlikoff** explains why this is a trip worth taking.

Illustrations by **David Alvarado**

**WHO MADE THE BEST FILM OF THE DECADE?** The website Metacritic aggregated the top 10 lists of 39 well-respected film critics and came up with one answer: Paul Thomas Anderson. "There Will Be Blood" was on more lists and placed first more than any other film. But why has Anderson received such wide acclaim?

As a writer/director, Anderson is part of an exclusive club of auteurs whose membership includes the likes of Stanley Kubrick, Quentin Tarantino and Joel Coen. His body of work is too nuanced to reduce to a single theme, but his focus on nihilism and the American Dream encompasses much of what makes him such an important director. In a twist on the axiom that power corrupts, Anderson sees power and corruption as symptoms of ambition. But ambition cannot always succeed, and crushing defeat can appear at any time to remind us of the price of failure.

Nowhere is this more evident than in "Boogie Nights" (1997), the story of the fall and rise of porn star Dirk Diggler, loosely based on the life of John Holmes. Set in the '70s and '80s, the film casts an eye on the nascent adult entertainment industry and the mostly desperate, amoral, drug-addicted and deluded people who are drawn to it. At first, Diggler (Mark Wahlberg) succeeds brilliantly because he is well-endowed—a comment on the mindlessness of our celebrity-obsessed culture and on the masturbatory and egomaniacal nature of unbridled ambition.

## ONLINE EXTRA

For more info. on Paul Thomas Anderson, check out our website.

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# IN A TWIST ON THE AXIOM THAT POWER CORRUPTS, ANDERSON SEES POWER AND CORRUPTION AS SYMPTOMS OF AMBITION.

Of course, Diggler can't stay at the top forever, and his cocaine-riddled fall to rock bottom is painful to watch. Diggler is beaten to a pulp by a vicious gay basher who has lured him to a parking lot pretending to be a John. Irony casts a grim shadow because Diggler has always fancied himself the consummate heterosexual stud, despite exposing himself to men for cash in his pre-porn days. Drawing parallels between gay bashing and pornography, and pornography and capitalism, Anderson demonstrates how chasing the American Dream can leave one beaten and broken. Diggler's near fatal assignation is a business deal gone wrong, a metaphor for the larger failure of capitalism.

Anderson revisits the theme of selling one's soul for mammon in "There Will Be Blood" (2007), featuring Daniel Day-Lewis as Daniel Plainview, a prospector-turned-oil man. Loosely based on both Upton Sinclair's 1927 novel "Oil!" and the life of oil tycoon Edward L. Doheny, the film uses Doheny's former estate, Greystone Mansion, as a backdrop for its final scenes. But while the actual Greystone was built by Doheny as a gift

for his son, the movie's estate is a monument to Plainview's isolation. The same competitive nature that makes Plainview a millionaire estranges him from his son, whom he vows to destroy. Anderson suggests Plainview is as American as apple pie, embodying the frontier spirit that forged the nation. He has a solid work ethic but is spiritually bankrupt, pursuing success at any price. The implication is we live in a country that worships the pursuit of wealth even when it costs us our humanity.

The central inquiry in every Anderson film is what gives the protagonist his power. Diggler's claim to fame is his freakishly large penis while Plainview admits to having "a competition in [him]" and not much else as his shark eyes reflect a black void. In "Punch-Drunk Love" (2002), Barry Egan (Adam Sandler) claims to have "a love in [his] life" that "gives [him] more power than you could possibly imagine," while in "Hard Eight" (1996) John (John C. Reilly) draws his strength from his mentor Sydney, played by Philip Baker Hall.



In the ensemble film "Magnolia" (1999), Tom Cruise's character Frank Mackey illustrates how power and bravado can mask the lingering fears of childhood. Mackey is the intensely arrogant author of "Seduce and Destroy," a rabidly misogynistic guide to getting women in bed. He is also the son of prominent television producer Earl Partridge (Jason Robards), a fact he

has excised from his carefully manufactured biography. By killing his father, so to speak, Mackey is able to create a space where he can grow and prosper on his own merits, even if his success is laughable and contemptible. Mackey returns home, where other characters are still living in the massive shadow of Partridge, who is quietly fading, bedridden with lung cancer. Confronting his feelings about his father and late mother renders Mackey vulnerable, shattering his house of cards. But if Mackey's persona is phony, his sexual exploitation methods still work, as his followers repeatedly demonstrate. So while his life might be a lie, it is real to those who believe in him.

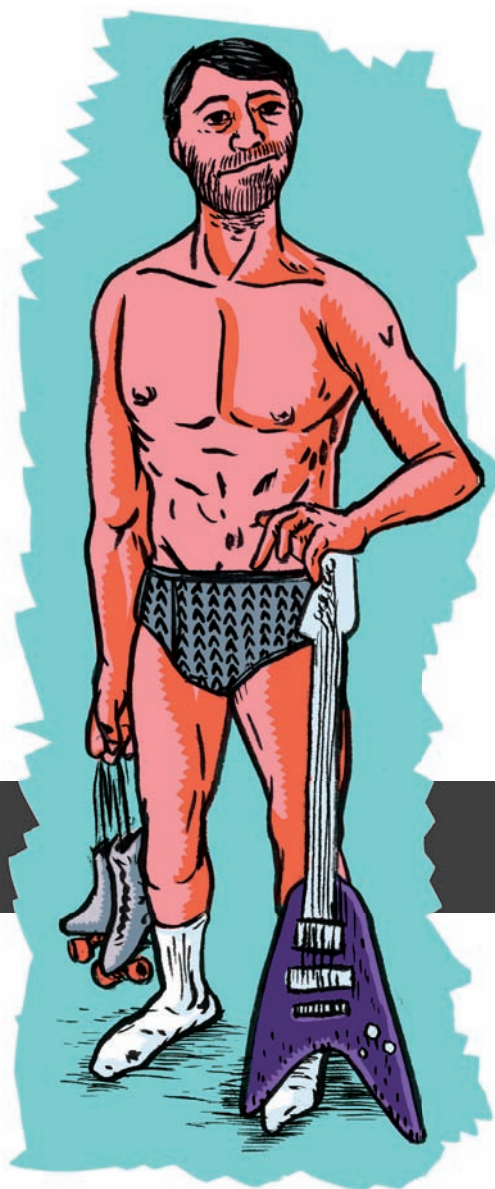
Sydney (after whom "Hard Eight" was originally titled) is another character living a lie. Unlike Mackey, who pretends to be someone else, Sydney is a gambler who plays his cards close to his chest, concealing his secret past and his propensity for violence. A major source of tension is the growing gap between Sydney's outward persona and his inner demons. In

## ANDERSON'S FILMS CUT LIKE A KNIFE THROUGH THE FAT TO THE BONE.



the beginning, we see Sydney charitably aid John, a downtrodden stranger. Later, we learn he murdered John's father and are left to wonder whether he is acting out of penitence or irony. The film's relentless pessimism rails against any hope of altruism.

The most common criticism of Anderson's work, and especially "There Will Be Blood," is its emptiness. The mistake lies in assuming Anderson has nothing to give when, in fact, he is giving us nothing. And inside nothing are many other gifts, perspective and self-reflection among them. Anderson's films cut like a knife through the fat to the bone, in defiance of an industry that delivers packaged values and predictable experiences. He paints a portrait of a fantasy America that never was, of the harsh reality we overlook daily.



# THE ESSENTIAL ANDERSON

**Bio:** Born in 1970 in Studio City, Calif., Paul Thomas Anderson learned the film business by watching movies on VHS and working as a production assistant instead of going to film school. His big breakthrough was his second short film, "Cigarettes and Coffee" (1993), which was screened at the Sundance Film Festival in 1993, earning him an invitation to the Directors Lab, where he turned it into his first feature "Hard Eight."

**Box Office:** All of his films have turned a profit except for "Punch-Drunk Love," which came up \$8 million short of its \$25 million budget. "Boogie Nights" and "There Will Be Blood" were his largest box office successes, while "Magnolia" relied on foreign screenings to earn a profit. Anderson failed to get studio support for his provocative new movie on Scientology, unofficially dubbed "The Master," and lost his financial backer in 2010.

**Actors:** He is a fan of the ensemble cast and uses the same actors—Philip Baker Hall, Philip Seymour Hoffman, William H. Macy, Julianne Moore, John C. Reilly, Luis Guzman, Mary Lynn Rajsak and Alfred Molina—repeatedly, except in "There Will Be Blood." He also uses the same composer, Jon Brion, in every film except "Blood," which boasts a haunting orchestral soundtrack composed by Radiohead guitarist Jonny Greenwood.

**Technique:** Robert Elswit, the cinematographer for all of Anderson's projects, including his current project, has contributed significantly to his style. His camera unflinchingly lingers on actors, inching slowly forward until we learn something new about them. He is also responsible for Anderson's signature shots, the iris and the Steadicam tracking shots. The Steadicam shots are smooth although mobile and often used in long takes, like the beginning of "Boogie Nights," where the camera opens on the film's title in bright neon, twists and turns before making its way down the street and into club Traxx. While popular in the silent age to emphasize a plot point, the iris eye shot, as used by Anderson in "Punch-Drunk Love," is ostentatious and effective, capturing a hand-holding moment between fateful lovers Barry (Adam Sandler) and Lena (Emily Watson) and signaling the romance to come.



# BENDING RULES, BLENDING ROLES

A relatively unknown and often misunderstood group within the LGBTQ community defines gender by defying gender. Christopher Lea and Jackson Thomas explore the pride and pain of being genderqueer.

Photos by Matt Avignone



☞ Liam Papworth (above) and Tony Jones (right)

**IT'S BEEN A LONG JOURNEY** becoming Liam Papworth. By the time he reached third grade, Papworth knew he was different from his classmates, and they noticed too. Born biologically female, Papworth was constantly bullied and beaten up. During his time on the high school soccer team, Papworth's wrist was broken as a result of a teammate's harassment. He also experienced difficulty expressing his true identity to his family.

He is part of a growing community of people who identify as genderqueer, rejecting the concept of binary gender. There has been a definite increase in young genderqueer people, according to Dr. Michelle Emerick, youth program specialist and staff psychotherapist for Howard Brown Health Center. "It's now an option," she says. "Gender can be more flexible."

Genderqueers may identify as the opposite gender from birth, may identify as both or either or fluctuate between traditional gender roles. The concept is still a relatively new one. "I don't assume what genderqueer means—it's up to the individual to decide," says Dr. Kelly Ducheny, vice president and chief behavioral health officer for Howard Brown.

Genderqueers may use a variety of terms—gender bender, gender-nonconforming, bi-gender or androgynous—to describe themselves. They are typically viewed as a subset of the transgender community, but they differ from transsexuals in that they don't necessarily seek gender reassignment surgery.

Some genderqueers will opt for surgery, which would seem to contradict a more fluid notion of gender. But from their point of view, changing their sexual characteristics does not restrict their gender identity.

For example, Papworth says he always leaned toward the male side of the traditional gender spectrum. He now identifies as male most of the time, and if he had the means, he would undergo gender reassignment surgery, he says.

For the last two years, Papworth has been taking hormone treatments to help him look and feel masculine. He never felt quite right as a female and questioned his gender identity early on. "I was always a very butch girl," he says.

Even though he is no longer bullied, Papworth still faces his own internal challenges. "I have a lot of body dysphoria issues," he says. Trying to hide his breasts with a binder creates emotional and physical discomfort, especially in the warmer months.

Chase Kimball's gender experience is a bit more fluid. Born female, she says she's androgynous. "I'm just more comfortable being in between," she says.

During her freshman year at Columbia College Chicago, Kimball came out as bisexual with support from her friends and—eventually—her family. But when she realized her love knew no gender, she came to the realization she was pansexual, and gender was irrelevant.

"I think that's just when I decided I didn't care which one I was," Kimball says, referring to her gender. Less than a year ago, she decided she was genderqueer.

Kimball still considers herself biologically female but says she isn't socially and mentally confined to being a woman. "I'm more comfortable in men's clothes," she says.



"IT CAN BE FRUSTRATING HAVING TO FIT INSIDE A BOX OF EXPECTATIONS..."





As far as dating is concerned, Kimball says both men and women are uncomfortable with her lifestyle. "It's really hard to find people who understand or are willing to just accept my differences."

Kimball suffers from depression, which she sees as related to her gender identity: "It is a really bad thing to go through, to not know what or who you are." Nevertheless, she doesn't identify as transgender. "[People] assume because I don't want to be a woman, it means I want to be a man," she says.

This sort of confusion is common. Even within the LGBTQ community, there is a lack of knowledge about and services for genderqueers. There are no specific programs, resources or agencies that provide services to the genderqueer community, according to Bonsai Bermudez, youth case manager for Broadway Youth Center, which caters to transgender and gender-nonconforming young people.

"I think the gender-nonconforming people have some specific needs that programs for trans people and gay and lesbian youth won't be able to meet," Bermudez says.

The need for a service provider is especially acute because Howard Brown was forced to eliminate the Transgender Youth Resource and Advocacy program from its lineup in June 2010

because of budget cuts. According to Bermudez, the program was an important resource to genderqueer youth.

Bermudez stresses the importance of using care in the choice of gender pronouns because a genderqueer's identity can fluctuate, even from day to day. Some genderqueers prefer not to use gender-linked pronouns at all, he says.

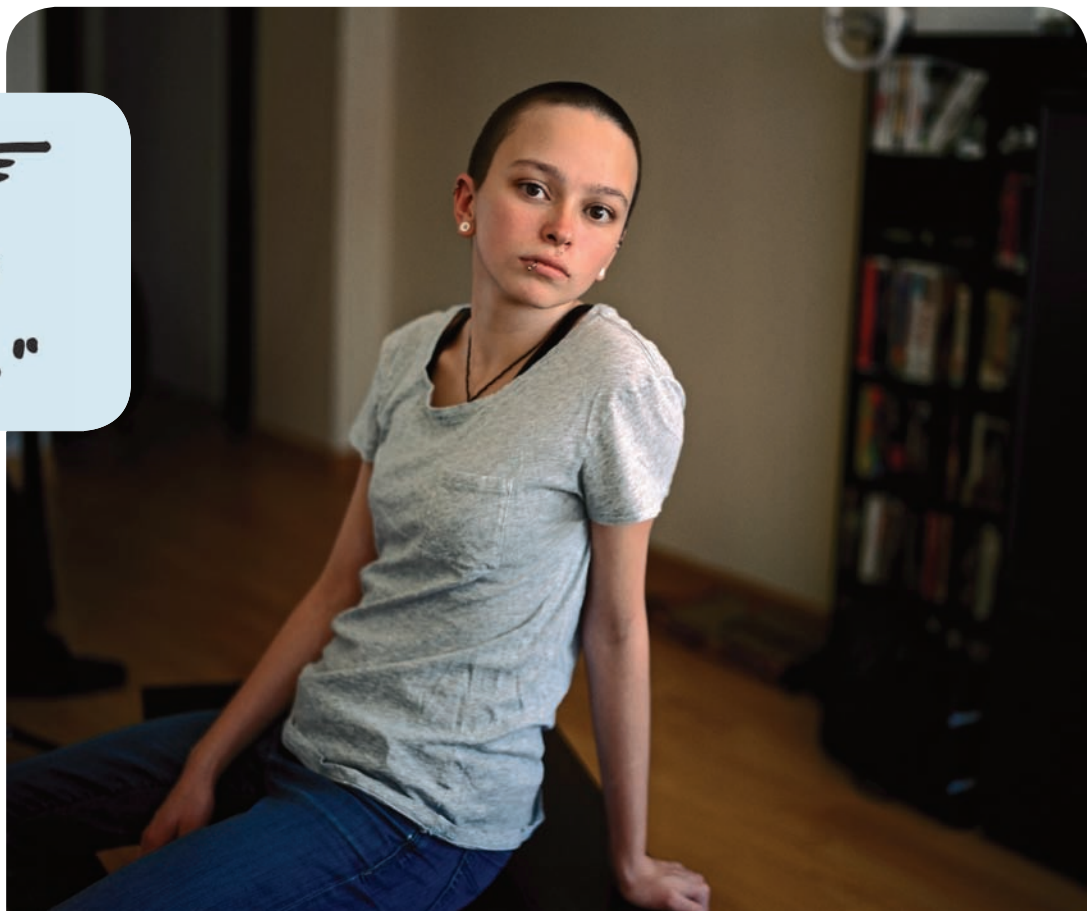
Perhaps the reason genderqueer encompasses so many varying viewpoints is because the term is completely self-assigned and often self-defined. It is not to be confused with Gender Identity Disorder, which is a label from an outside source. "I don't use this diagnosis," psychotherapist Emerick says. "It's pathologizing and stigmatizing."

Much of Emerick's job at Howard Brown is preparing genderqueer individuals for interaction with people—often family members—who are unfamiliar with the topic. "Not everyone understands being genderqueer," she says.

And that includes medical professionals. "A genderqueer person deserves the same high-quality health care as everyone else," Ducheny says. "But some might like higher sensitivity."

Regardless of gender identity, patients are treated based on what part of the body is being examined. "If someone has a

"I'M JUST MORE  
COMFORTABLE  
BEING IN BETWEEN."





← Jones (left) and Chase Kimball (opposite)

uterus but identifies as male, the uterus will still be treated as a uterus," notes Ducheny.

Kimball's parents are still in the dark about her newfound identity. Papworth says his mother accepts him but still has a difficult time coming to terms with who he is. "I was just always her little girl," he says.

"I like to be treated like a lady," says Tony Jones, who also goes to Columbia College Chicago. With Grace Jones-cum-Tyson Beckford looks, Jones enjoys the duality of "tipping the scales" of gender. Though Jones was born male and is most comfortable identifying that way, he likes playing both gender roles and says he's androgynous. "I like looking like a man and looking like a woman," he says.

Such gender-bending actions resulted in Jones getting beaten in high school. Although he hadn't announced his homosexuality yet, he says the incident happened because he "looked like an easy target." Jones soon transferred schools, came out of the closet and came into his own. He evolved into a stronger person, made more friends and helmed various school organizations. "Even at work I'm one of the more popular associates," he says.

Jones' style is admittedly flamboyant, and he sees it as a source of power even when harrassed. He describes how someone poured a bottle of water on him on the bus. "I never even saw his face he ran so fast," Jones says. "That told me through all of his hate toward me, he was still afraid. I took pride in that as I dried my wig with my blouse."

While Jones says genderqueer adequately describes who he is, he has yet to find the perfect label. "I think people identify with terms like genderqueer because, like me, they don't agree with the expectations of their original gender," he says. "It can be frustrating having to fit inside a box of expectations, but it's very liberating to decide you don't have to play by anyone's rules." •••

## ONLINE EXTRA

For a glossary of gender terms, check out our website.

[echomagonline.com](http://echomagonline.com)

# BEAUTY IN AMBIGUITY

By Brianna Wellen

**GENDERFORK.COM** is an online community with a blog that serves as an outlet of expression—photos, profiles, questionnaires, quotes and videos—for people who question their assigned gender.

Founded in 2007 by Sarah Dopp, a Web designer based in San Francisco, the website is run by volunteers. Erica Stratton, Genderfork's photo curator, says the website documents the reality of

genderqueer and androgynous people's daily lives.

"I thought it would be a really positive thing to have little snippets of people's lives to show there is a history and precedent for this," she says. Some of the content is used with permission from other sources, such as Flickr. That, in addition to Facebook and Twitter, increases the number of people in the Genderfork network.

The website's "Ask Genderfork" forum allows users to post questions and comments such as: "I shaved my head to feel masculine. Instead, I became at peace with my femininity."

Members of the community provide support and encouragement. A common topic of discussion is how to deal with opening up to family and friends. The website also offers resources for those facing discrimination or abuse.



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# SUSTAINABLE STYLE

By Christopher Lea  
and Brianna Wellen  
Photos by Maureen Peabody

**ECO-FRIENDLY FASHION** often sacrifices beauty in the name of environmental responsibility. A group of Columbia College Chicago designers has been able to achieve both by giving vintage remnants new life, using nontoxic dyes and energy-sparing processes and eliminating the 10-15 percent of fabric normally wasted in commercial manufacturing. Green is finally haute.

**Models:** Antoinette Giacone and Venita Hobson  
**Hair:** Jessie Boi; **Makeup:** Vicente Vasquez

One-hit wonder be gone—this is a look worth repeating. Stephanie Wood, Columbia College Chicago 2011, constructed this silk dupioni coat from a vintage wedding gown.

I DO (AGAIN)





## FULL CIRCLE

The urban warrior goes green. Muslin möbius cowl (worn as hooded vest) by Birgitte Norsen, Columbia College Chicago 2011.

The office uniform gets a smart—and sustainable—update. Ruth Reyes, Columbia College Chicago 2011, styled a stitched-down skirt from an old tweed remnant.

WORK IT

## ONLINE EXTRA

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## TO DYE FOR

Explosions of color are in for spring. Ryan Pickle, Columbia College Chicago 2011, hand-dyed knit jersey using clean processes.





## AVANT GREEN

Eco but definitely edgy and evening ready. Leather shoe bustier by Stacey Cooney, Columbia College Chicago 2010. Burlap *coffee-bag* dress by Kelsey Kreiling, Columbia College Chicago 2011.





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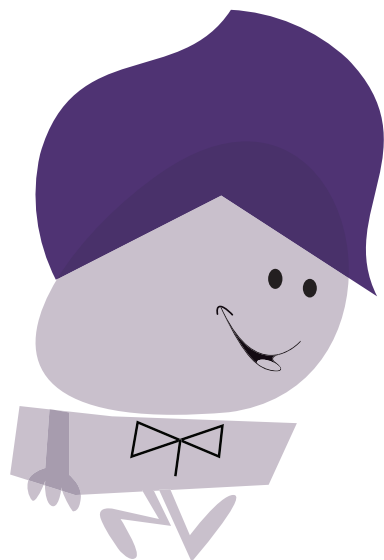
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# The High Cost of Unpaid Internships

Heavy competition and minimal regulation leave interns high and dry.

By Stephanie Saviola and Benita Zepeda  
Illustrations by Andrew Park

**WHEN 24-YEAR-OLD** James Orbesen got his first internship just weeks after his college graduation in 2010, he was optimistic about the opportunities it offered. He thought he landed a paid internship that would lead to a full-time position with an up-and-coming company. Well, he thought wrong.

A few weeks into his internship, Orbesen, a graduate of Roosevelt University in Chicago, found he wasn't learning anything valuable, and his promises of getting paid hadn't materialized. With unclear duties and lengthy overtime, the job was a dead-end. "If I was getting some sort of monetary compensation, I probably could have stuck it out a little longer," says Orbesen, who decided to leave the internship within a few months. "I wasn't learning anything, but at least it would have been a paycheck."

For many college graduates like Orbesen, unpaid internships are a way into the workforce at a time when salaried starting positions are hard to find. Employers depend on them to locate new hires. According to a 2010 survey by the National Association of Colleges and Employers, 83.4 percent of 235

organizations surveyed say the primary focus of their internship program is to help recruit entry-level college hires. Thirty one percent say they offer these programs to provide students with experience.

But what happens when these internships are not beneficial or do not conform to what was promised? The options for interns are limited—quit or take your chances with the next internship—and many find themselves stressed out, strapped for cash and searching for stability. Unlike undergraduate internships in which students can funnel complaints to a school's internship coordinator, graduates are on their own.

Besides victimizing graduates who are heavily in debt, unpaid internships create a socioeconomic gap. In an economic downturn when an overwhelming number of people are seeking internships, the affluent are at an advantage, whether they're grads or undergrads. "Most of the people who go [to Ivy League schools] ... can afford to do that because they are in a financially different place than most of the students [who] attend an average university," says Barbara Van Dyke-Brown,



"THE GOVERNMENT NEEDS TO

PROVIDE ECONOMIC SUPPORT

TO FUND THESE INTERNSHIPS

AT A SIGNIFICANT LEVEL."

—Andrew Maguire

director of Legislative Internships and Advocacy Programs at the Institute for Legal, Legislative and Policy Studies at the University of Illinois at Springfield.

One solution may be to have the government fund more unpaid internships, says Andrew Maguire, CEO of InternMatch.com, a Seattle-based nonprofit website that links employers with prospective interns. "The government needs to provide economic support to fund these internships at a significant level" if companies cannot afford to pay them, says Maguire.

## TURNING TO THE LAW FOR PROTECTION

Ironically, many unpaid internships should not be unpaid at all, according to the U.S. Department of Labor's (DOL) guidelines for these internships, which exempt them from the Fair Labor Standards Act, which establishes a minimum wage. The guidelines, which are derived from a 1948 Supreme Court ruling, establish six criteria for evaluating internships (See box on page 58), but the thrust is that the unpaid internship must confer a greater benefit to the intern than to the employer. That would seem to mandate pay for internships that are little more than "gofer" positions, consisting of fetching coffee and running errands.

So why do these internships flourish? "The labor department is not actively enforcing this law as applied to unpaid internships, at least not significantly," says Alan Morrison, Lerner Family Associate Dean for Public Interest and Public Service Law at George Washington University in Washington, D.C. He says the problem is the criteria are unclear.

A recent article in the *Hastings Law Journal* contends the problem is not the criteria but the inconsistent ways courts interpret them, creating confusion among employers. "Given the lack of uniform interpretation of the FLSA as applied to unpaid internships, compliance with the law is nearly impossible. While the DOL recently indicated it believes many unpaid internships are illegal, businesses that genuinely want to follow the law may be at a loss as to how to do so," writes University of California, San Francisco law student Jessica L. Curiale in "America's New Glass Ceiling: Unpaid Internships, the Fair Labor Standards Act, and the Urgent Need for Change."

According to Morrison, the DOL only investigates internship abuses if there are multiple violations of the law in a single workplace. Many interns aren't willing to speak up and are often worried or confused about their rights in the workplace, especially because they don't receive benefits or a paycheck.

"No one complains, so the department doesn't know about it," says Morrison. "How are they going to investigate every single place in the country? It would be very hard."

It's up to interns to change the workplace by vigorously pursuing their rights, says Morrison, who organized a conference on the topic for law students in October 2010. "It's a bad situation," he says. "The uncertainty in, and the lack of enforcement, in the existing law is not good for the law, student or employer."

Yet, even if paying interns for certain tasks was not mandated by law, the practice creates job security for the intern and the employer, says Maguire. "If you are paying your interns, they are more likely to accept a full-time job if you offer it to them, more likely to have a positive experience and become evangelists for your company even if they don't join."

Additionally, paid interns have more incentive to seek a job with the company once the internship is completed. "Roughly 70 percent of interns are offered a full-time position, which is a huge number, and over 50 percent take those positions," says Nathan Parcells, CFO for InternMatch. "For employers, this has become the primary way to source creative interns into their companies." This motivation helps reshape the internship, he says.

## THE VIEWS FROM ACROSS THE POND

Ex-interns in the U.K. have had great success creating awareness of the problems associated with unpaid internships. Twenty-year-old Gus Baker decided to take action after he completed an unpaid internship and saw the advantage people who could work for free had. He and a fellow ex-intern started Intern Aware, a campaign that advocates paid internships and strives to make sure internships are widely advertised and competitive to ensure fair access for all candidates. The campaign focused on the need to pay more than minimum wage to attract people from diverse socioeconomic backgrounds.

In the U.K., a national minimum wage law has been in place for more than a decade. The law states every person who holds a position is entitled to minimum wage, which essentially eliminates “unpaid” intern positions.

However, according to Baker, employers still find ways around the law. “There’s a clause [in the law] that says you can’t opt out of minimum wage, but employers are finding ways around it,” Baker says. “Employers are claiming that people have volunteered to be paid nothing, which is of course illegal.”

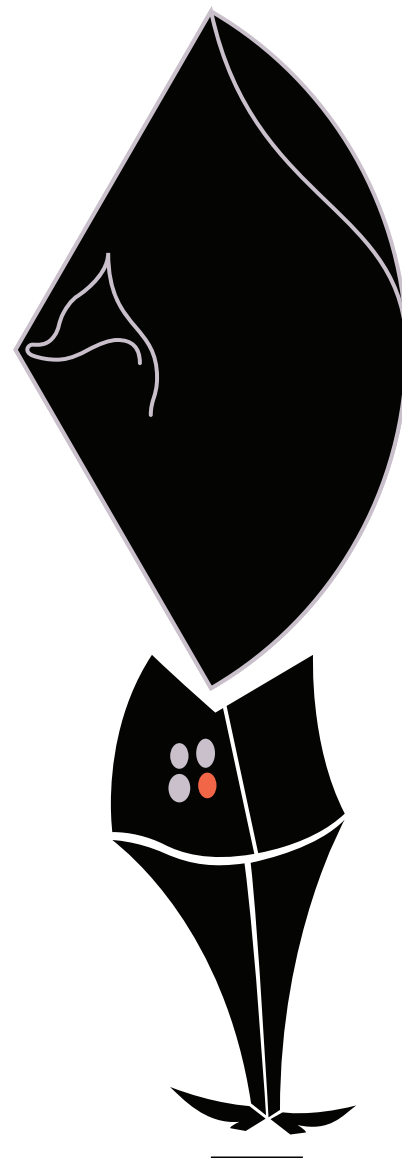
While Baker says his unpaid internship was a great experience, he was only able to keep the internship for a week because that was all he could manage. “When I graduate next year, I’ll be competing with people who have had a year of unpaid internships [at] amazing places because they could afford to. That’s the kind of injustice that motivates us to do Intern Aware.”

## AN INTERN’S RIGHTS: GOING IN

Imposing penalties on companies that offer illegal internships would likely reduce abuses, and the DOL sent a signal of sorts when it published guidelines in April 2010, explaining how it determines whether an internship qualifies for an exemption from the minimum wage laws.

For the time being, the onus is on the intern to complain when thrust into a “The Devil Wears Prada”-type environment. To hold employers accountable for misrepresenting jobs, it’s best to get everything in writing.

“What I recommend to people is that you don’t go in blind,” says Van Dyke-Brown. “You make sure you know what you are getting into and you ask lots of questions. If you know somebody who has been through the program before, you want to try and talk to them so that you know.” ●●●







## THE U.S. DEPARTMENT OF LABOR'S TEST FOR UNPAID INTERNSHIPS

### *I*

The training, even though it includes actual operations of the facilities of the employers, is similar to that which would be given in a vocational school.

### *II*

The training is for the benefit of the student.

### *III*

The student does not displace a regular employee but works under the close observation of a regular employee or supervisor.

### *IV*

The employer provides the training and derives no immediate advantage from the activities of the student; and on occasion, the operations may actually be impeded by the training.

### *V*

The student is not necessarily entitled to a job at the conclusion of the training period.

### *VI*

The employer and the student understand the student is not entitled to wages for the time spent training.

# WHY STUDENTS HAVE AN ADVANTAGE IN UNPAID INTERNSHIPS

## STUDENTS

Students are protected by their institutions through internship coordinators and academic advisers. Also, they can receive college credit toward a degree even if the position is one they should be paid for.

Some have the benefit of financial aid. Full-time students can defer their loan payments up to six months after graduation, and living expenses can be folded into tuition.

Undergraduates are not under pressure to pay back student loans. Many have health plans as part of tuition.

## GRADUATES

Graduates must find internships without the assistance of an internship coordinator. They lack the institutional muscle to make the employer follow through on promises of a beneficial internship.

Benefits like health care plans are not typically offered.

After a six-month deferment, grads must repay student loans, creating economic hardship, which makes unpaid internships impossible without outside financial assistance.

—S.S. AND B.Z.

## SECRETS OF SUCCESSFUL INTERNSHIPS

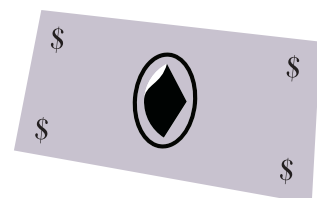
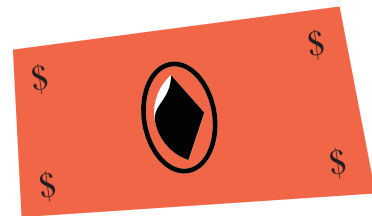
*We asked intern coordinators at Columbia College Chicago, DePaul University and the University of Illinois at Springfield for tips on how to assess a prospective internship. Here's what they had to say.*

**Ask questions and do your homework.** Research the company before applying and talk to current interns. (Recent layoffs can mean interns are used to pick up the slack.) How long has a program been in place? Before signing on, discuss goals and prepare an outline of what you want to accomplish. Make sure you're on the same page.

**Look at the big picture.** Consider the pros and cons and ask how the internship will benefit your career. Will that "gofer" job really net you friends in high places? Or maybe the training is really good, but you can't afford the lost income. If the risks outweigh the benefits, search for something else or try to negotiate a better deal.

**Learn from experience.** Don't be discouraged if the first internship doesn't work out. You may have to be a "permatern" before finding an internship that leads to a paid job.

—S.S. AND B.Z.







# NORWEGIAN WHISPERS

*A once thriving church stays true to its roots.*

By Mina Bloom • Photos by Ana Brazaityte

## **THE TINY CONGREGATION** at Logan

Square's Norwegian Lutheran Memorial Church is enjoying warm pleasantries and careful bites of cake following Sunday services. Gathered in a weathered wooden social hall, the 40 or so people present murmur softly until Pastor Sigurd Grindheim mounts the podium and announces the church's front doors have been restored by Andy Bruley, the custodian and a church board member. Bruley says refinishing and polishing the oak doors seemed necessary because they hadn't been fixed in many years, and it's the first thing people see when they approach the building.

The churchgoers applaud and Grindheim smiles. His soft-spoken yet deliberate demeanor seems to hearten the handful of young second-generation members as well as the



older Norwegian immigrants, who are the mainstay of the congregation. The room glows with contentment on this sunny October afternoon.

Grindheim, the first full-time pastor at The Norwegian Lutheran Memorial Church in almost two years, has only been on the job for a month and a half, but he senses a difference in the congregation's mood. "I think so far people have drawn a sigh of relief that now things are the way they're supposed to be," he says.

The church, built in 1912 as a replica of a gothic church in Drummen, Norway, is located on Kedzie Avenue, next to the Logan Square Blue Line stop.

In the 1930s, Chicago had as many as 40 Lutheran churches conducting services in Norwegian, according to church president Kari Diesen-Dahl, a professor at North Park University. Now Norwegian Lutheran Memorial is the last such church in the city and one of two left in the country, with the other located in Minneapolis.

The church has had ups and downs over the years. It closed its doors in 1928 and reopened in 1934, when it became known as Minnekirken, which means Memorial Church in Norwegian. The title "memorial" is an apt one, says Odd S. Lovoll, an emeritus professor of history at St. Olaf College in Northfield, Minn., and author of 32 books about Norwegians in America.

"You can look at [the term] as sort of the end as in 'this is a memorial to the Norwegian-speaking community, which has disappeared,'" he says. "Or it could simply be reminding people not to forget their heritage."

In the church's heyday, Logan Square and the surrounding area were the hub of Chicago's Norwegian immigrant community, hosting many native shops and restaurants. Along

with Minnekirken, the Leif Erikson statue in Humbolt Park proudly evokes this past.

George Hardison, 85, president of the Leif Erikson Lodge, remembers those days vividly. "I was born in Humboldt Park, and I've never lived more than a mile away for a year and a half my entire life. On my block, where I grew up from kindergarten until I got married, the majority of the people's names ended in -son or -sen."

Hardison has gone to the church for almost 30 years, he says, although he has only been an official member for 10. Likewise, John Aaberg, 83, first came to the church in the 1960s. A Norwegian immigrant, he has lived in Logan Square since 1962, just two years after he married his wife.

"At the church, there used to be a lot more people [who] were from Norway, and everything was in Norwegian," Aaberg says. "Attendance was also higher, but the good message that we get hasn't changed."

Beginning in the '60s, Logan Square's Hispanic population increased, and the Norwegian immigrants who once populated Kedzie and Milwaukee avenues moved to the suburbs. Some, like Karina Diesen-Dahl, Kari's daughter, continue to make the pilgrimage to Logan Square every Sunday. Diesen-Dahl, a Schaumburg resident, says she tried other churches but "missed that family feeling" and the opportunity to assist elderly church members. "I feel as if it's not only meaningful for me to attend but also that I can do some good here," she says.

"People continue to go there because it has this special mission ... to preserve the Norwegian traditions," says Lovoll.

Grindheim, who immigrated to this country from Oslo, agrees. "Many of the other Norwegian-speaking churches have just become American churches. Our congregation has always

## ONLINE EXTRA

For extra pictures of the church, check out our website.

[echomagonline.com](http://echomagonline.com)







been very conscious of its identity ... The very fact that the building is a replica of a building in Norway just shows you [how strong a] connection to Norway it has—perhaps more than other churches.”

Only a few second- and third-generation Norwegian church members attend services or grand events like the Cod Fish Dinner and annual Christmas Bazaar. Weddings are held sporadically at the church although Grindheim admits there are many more funerals held at the church than baptisms.

The Norwegian liturgy used by Minnekirken is dated as well. It is in Danish Norwegian, which ceased being the official language of Norway in 1970.

“We just updated [the liturgy], and it’s still not contemporary,” Grindheim says. “The hymnal we sing is more like 50 or 100 years old.”

English services were introduced to Norwegian churches in America during World War I, in part to prove the immigrants’ patriotism, Lovoll explains. “It was this ‘America first, English only’ movement. By the end of the 1930s, most churches had discontinued using Norwegian,” he says.

At around the same time, the Norwegian confirmation ceremony was almost completely discontinued in America. Minnekirken began holding English services an estimated 40 years ago and today offers a sermon in English on the third Sunday of each month and services in English on the last Sunday. Simultaneous English translation via headset became available about 10 years ago to accommodate an influx of members who did not understand Norwegian.

In addition, the pastor wears a gown with a collar, a custom that has been abandoned in Norway, notes Lovoll. “They have preserved the oldest traditions from the Norwegian American church rather than those directly from Norway.”

Grindheim, who first came to the church as a visitor in 1998, admits the church lags a couple of generations behind the

Church of Norway. “That’s part of the immigrant ethos—that it’s important to preserve what for them is the heritage. In that sense, this church is disconnected in some ways, both from Norway and the U.S., because it’s sort of preserving the past and at the same time it’s becoming its own thing.”

For the church members, this is a source of pride. “We’re authentic,” Diesen-Dahl says without hesitation when asked why the church outlasted the others.

Seth Howard, 34, one of the younger members this Sunday, first started attending the church in 2008 after living in Norway. During services, he acts as an usher by standing in the aisles, helping elderly people out of their seats and asking for donations.

“The people have been very welcoming; they took me in,” says Howard, who is deeply interested in his own heritage. He says the church was a natural fit for him.

This doesn’t come as much of a surprise to Lovoll, who says second- or third-generation Norwegians are interested in attending the church after they visit Norway and see where their ancestors came from. More often than not, though, this type of cultural allegiance is slipping away.

The few children tugging at Howard’s sleeve in the church den aren’t gaining any Norwegian language education at the church aside from attending the services because the church has no Sunday school, Grindheim says.

“That has been on and off,” he says. “Before I came there was one that was short-lived, but it had been down for many years. The families that had smaller children moved this year, and that meant there was no Sunday school anymore.”

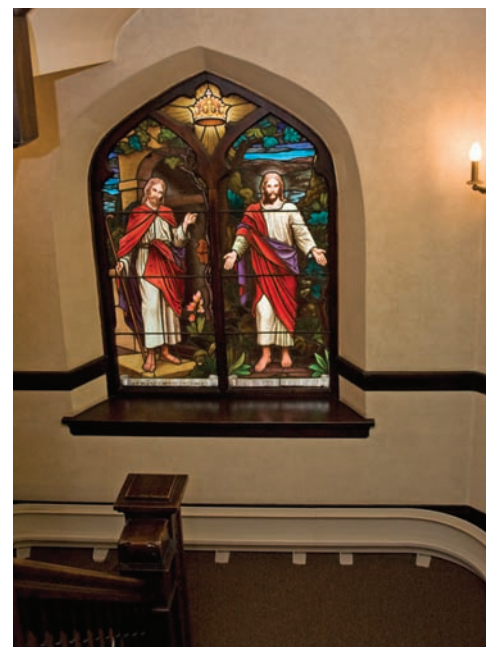
Among such gentle people, it seems impolite to ask the obvious question: Where will the church be in 10 or 20 years? And if the church should close, what will be its legacy?

Grindheim believes closing an institution that keeps the Norwegian tradition alive would be a significant loss.

To historian Lovoll, the end is inevitable. “There’s no immigration from Norway of any kind anymore,” he says matter-of-factly.

“The church has retained a Norwegian connection for as long as it’s existed, and when it closes, I suppose there will no longer be a need for it,” says Lovoll.

“It would be a tremendous loss but a natural development.” ●●●







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# “A SENSATION!”

—*TIME Magazine*

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# endings

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70 Edison's light goes dark

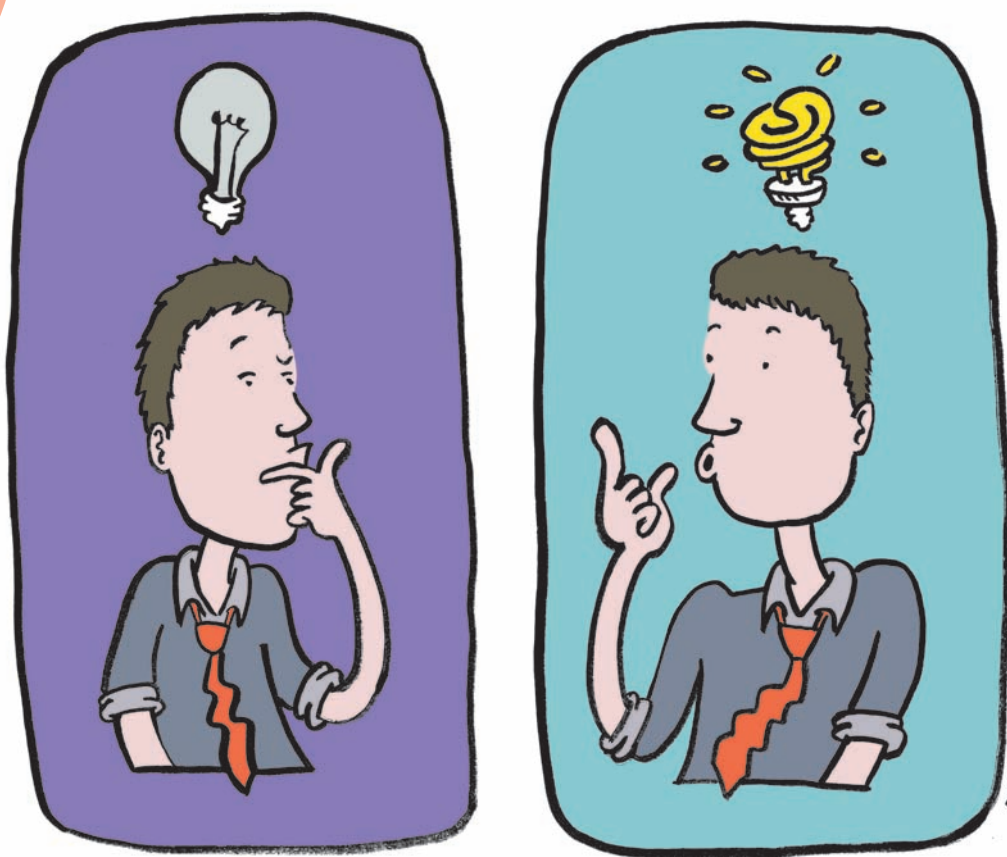
71 Get out of here

72 Sketchy break-ups

Photo

Photo by Matt Austin





# DIM BULBS

By Troy Covello  
Illustration by Kevin Budnik

*The fight to switch to fluorescent bulbs grows politically charged.*

**THE INCANDESCENT LIGHT BULB** will be phased out entirely by 2014 as part of an effort to reduce Americans' home-energy consumption under the Energy Independence and Security Act of 2007. But some incandescent enthusiasts are unhappy about the mandate and ready to wage a brutal fight for the aging light.

The plan incrementally eliminates incandescent bulbs by wattage level and will require all light bulbs to be at least three times more efficient than the 100-watt incandescent by 2020. Compact fluorescent lamps (CFLs) last longer and use less electricity than traditional bulbs. But the switch potentially creates more jobs in China than the United States, and the fluorescent bulbs'

mercury content and icy-blue tint raise concern.

The attempt to reverse the law is being spearheaded by Republican congressmen, although the Energy Independence and Security Act of 2007 was co-authored by Rep. Fred Upton (R-Mich.) and signed into law by George W. Bush. Rep. Michele Bachmann (R-Minn.) introduced the "Light Bulb Freedom of Choice Act" in an attempt to amend the 2007 legislation and repeal the ban on incandescent bulbs. She says she plans to reintroduce the act to the 112th Congress.

In a 2008 speech, Rep. Ted Poe (R-Tex.) raised doubts about the wisdom of the ban, dramatically reading aloud the EPA's recommended steps to take if a CFL breaks in the home, including

evacuating the room, opening a window and putting the broken bulb in a sealed glass jar to contain the mercury.

But Glenn Heinmiller, principal at architectural lighting design firm Lam Partners in Cambridge, Mass., says the exposure is minimal. Citing a Lawrence Berkeley National Laboratory study, Heinmiller says: "If you break a CFL bulb in your home and don't even follow proper cleanup procedure, the mercury exposure is equivalent to eating the FDA recommended weekly amount of fish. And if you do follow the cleanup procedures, the exposure is the same as eating a bite of canned tuna."

But some say the energy saved, like the mercury content, is relatively insignificant.

John Martin, public policy adviser to the International Association of Lighting Designers, pointed to a February 2010 report by the National Academy of Sciences that shows lighting accounts for 18 percent of all energy used in residential buildings.

Martin says the real risk of a push toward CFLs is the danger of "green washing," or overestimating the positive environmental impact. "You're not talking trivial numbers, but you're not talking earth-changing numbers," says Martin.

Heinmiller disagrees. "The positive environmental impacts of fluorescents are huge because of energy efficiency," he says. "LEDs will surpass it at some point, but for now it is by far the best choice for general lighting applications in the commercial and residential worlds.

"As a responsible lighting designer, I choose the most efficacious source that does the job," Heinmiller continues. He says most of his lighting projects don't require incandescent bulbs, and he considers them a specialty source to be used when nothing else will do.

"Incandescents supply a particular visual spectrum tilted toward the sort of yellowy-red, warm colors," says Martin. "We respond emotionally and qualitatively differently from the way we respond to cooler, bluer colors." The CFL bulbs do not emit the full color spectrum, giving off a blue tint. Martin says policy makers have not taken into account the importance of these qualitative responses in the past.

Time is running out for designers and homeowners who prefer incan-

descent bulbs, says Raymond Schumacher, owner of Kennedy-Webster Electric Company in Chicago. Schumacher, a light bulb distributor, says industry sources predict energy legislation will create a shortage by the end of the year. He says the legislation has already impacted his sales, creating a spike in CFLs, which have not yet overtaken incandescent bulbs in sales in the marketplace. "People just don't like them in their homes," says Schumacher.

If Rep. Bachmann's repeal is passed, the ban could be overturned, as it was in New Zealand in 2008. But until then, Heinmiller says the legislation is "political grandstanding at its worst. Don't these people have something better to do, like solve real problems?" •••

## GOING, GOING, GONE ... IN 2011

### 1. MAIL ON SATURDAYS

The U.S. Postal Service is in the works to terminate Saturday home deliveries and pickups from street mail boxes to fend off a projected \$7 billion loss this year. Those who still send letters may want to plan accordingly.

### 2. SUN CHIP BAGS

Frito-Lay announced it will be pulling its new "green" Sun Chip bags because of numerous complaints that the bags were just too loud. Who cares that they're biodegradable, made from plant material and 100 percent compostable—they're just too dang noisy.

### 3. IPHONES EXCLUSIVITY WITH AT&T

While the past couple years brought countless rumors and endless hoping for a Verizon iPhone, the much anticipated partnership may be a reality this year. Informed sources close to the matter say Apple will soon end its exclusivity with AT&T and partner with Verizon Wireless in 2011. Finally, an iPhone that can make and receive calls in Chicago.

### 4. THE ORIGINAL KEN DOLL BY MATTEL

This year brings the 50-year anniversary of Barbie's beau, Ken, and with it, a brand new look from Mattel. The dolls' redesign is necessary to make sure he is still as visually and culturally relevant as his main squeeze Barbie, says Mattel.

### 5. HARRY POTTER FRANCHISE

With the first part of the final Harry Potter movie installment, "Harry Potter and the Deathly Hallows Part One," released in November 2010 and the second and final part, "The Boy Who Lived," scheduled for release in July 2011, J.K. Rowling's billion-dollar empire may finally be ending ... or is it? •••

By Rilee Chastain

### ONLINE EXTRA

For five more things ending in 2011, check out our website.

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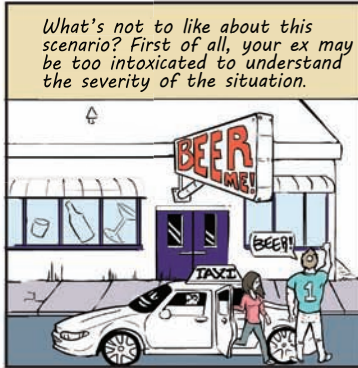


# CALLING IT QUILTS

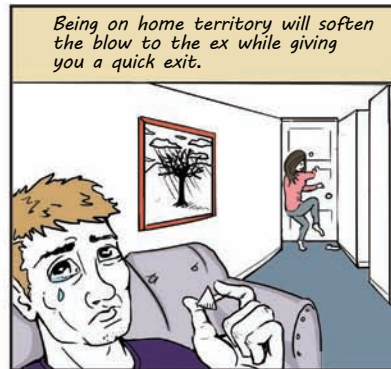
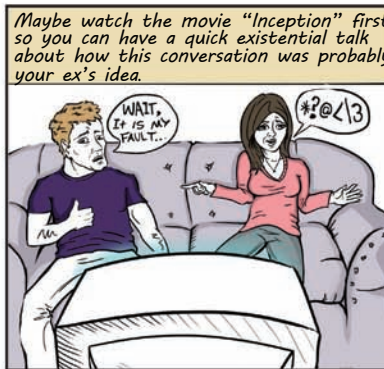
By Benita Zepeda  
Illustration by Erik Rodriguez

*Breaking up* isn't an easy task. Feelings get hurt, one person is always the bad guy, and finding a way to start that conversation can be difficult. Even more stressful is trying to find the ideal place to take your relationship to the final level. Here are four ways to say goodbye.

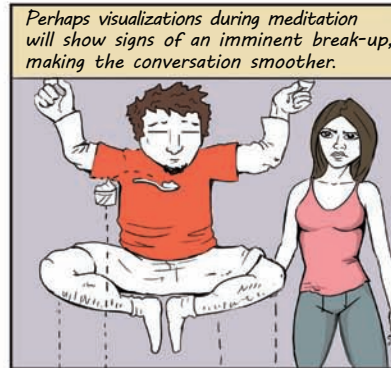
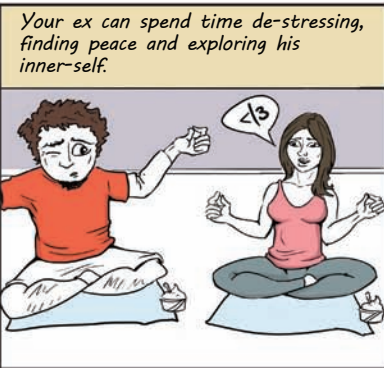
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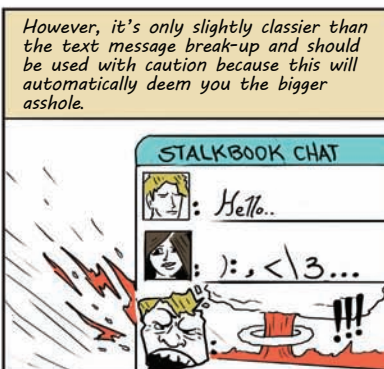
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